USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Zinc, Zn (mg)

Food Subset: Abridged List Ordered by: Nutrient Content Measured by: Household Report Run at: February 08, 2016 12:08 EST

NDB_No	Description	Weight(g)	Measure	Zinc, Zn(mg) Per Measure
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	74.06
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	66.81
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	51.88
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	32.23
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	10.16
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	9.93
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	9.02
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	8.92
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	8.31
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	7.58
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	7.50
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	7.34
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	7.10
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	7.08
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	7.03
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	6.94
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	6.81
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	6.74
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	6.69
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	6.63
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	6.41
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	6.39
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	6.23
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	6.18
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	6.01
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	5.93
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	5.92
01040	Cheese, swiss	132.0	1.0 cup, diced	5.77

NDB_No	Description	Weight(g)	Measure	Zinc, Zn(mg) Per Measure
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	5.64
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	5.64
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	5.49
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	5.41
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	5.37
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	5.36
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	5.18
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	5.17
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	5.09
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	5.05
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	5.03
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	5.01
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing149g)	4.95
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	4.89
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	4.86
01009	Cheese, cheddar	132.0	1.0 cup, diced	4.80
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	4.79
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	4.78
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	4.67
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	4.62
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	4.58
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	4.57
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	4.55
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	4.47
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4.44
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	4.44
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	4.43
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	4.41
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	4.40
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	4.37
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4.35
17332	Game meat, bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	4.34
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	4.33
01019	Cheese, feta	150.0	1.0 cup, crumbled	4.32

NDB_No	Description	Weight(g)	Measure	Zinc, Zn(mg) Per Measure
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	4.31
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	4.30
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	4.27
01035	Cheese, provolone	132.0	1.0 cup, diced	4.26
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	4.26
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	4.26
01032	Cheese, parmesan, grated	100.0	1.0 cup	4.20
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4.19
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	4.19
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	4.16
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	4.13
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	4.13
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	4.13
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	4.11
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	4.11
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	4.09
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	4.08
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	4.07
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	4.05
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	4.05
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	4.04
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	4.02
20090	Rice flour, brown	158.0	1.0 cup	3.87
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	3.82
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	3.81
12084	Nuts, butternuts, dried	120.0	1.0 cup	3.76
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	3.75
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	3.75
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	3.75
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	3.75
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	3.75
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	3.74

1890 Sect, round, to pround, separable lean and fat, trimmed to 18° fat, select, cooked, busined 8:0 1.0 cq., chopped or diced 3.71	NDB_No	Description	Weight(g)	Measure	Zinc, Zn(mg) Per Measure
9009 Cheese, measures 13.20 1.0 comp, diseased, annex, with pork 3.70 1.0 comp, and, with pork 2.50 1.0 comp, and, annex, annex, cannex, cannex, cannex, annex, cannex, contract, posterarized process, American 1.0 comp, annex, contract, posterarized process, American 1.0 comp, annex, contract, posterarized process, American 1.0 contract, posterarized process, American 3.0 contract, posterarized process, posterarized	13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	3.71
1609	05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	3.71
20314 Com grain, white 1660 1.0 cup 3.67 10108 Choces spread pasterirized process. American 140.0 1.0 cup, diced 3.63 17275 Veal, breast, whole, borneless, separable lean and fat, trimmed to 18° fat, choice, cooked, braised 85.0 3.0 or 3.58 17275 Veal, breast, whole, borneless, separable lean and fat, cooked, braised 85.0 3.0 or 3.58 21110 Fast foods, handwager, double, regular, pany; plain 120.0 1.0 in 1.0 in 4.4 10033 Pork, fresh, shortled, fathed, bostont (rouse), separable lean and fat, cooked, roasted 160.0 1.0 cup white 3.37 1006 Candies, confectioner's coating, peannt butter 161.0 1.0 cup white 3.3 1012 On flour, partially debramed 161.0 1.0 cup white 3.2 1026 Chees, mozzaella, whole milk 112.0 1.0 cup white 3.2 1737 Garne mest, bison, top proud, separable lean and fat, trimined to "fat, all grades, raw 85.0 3.0 or 3.0 or 1850 Guent utrice, y.93% lean, "8 fat, partice, lean, whole fat, grades, raw 85.0	01030	Cheese, muenster	132.0	1.0 cup, diced	3.71
10048 Cheese spread, pasteurized process, American 140.0	16009	Beans, baked, canned, with pork	253.0	1.0 cup	3.69
17240 Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled 88.50 3.0 co 3.56 17275 Veal, broast, whole, bondess, separable lean and fat, cooked, braised 88.50 3.0 co 3.56 18110 Fast foods, hamburger, double, regular, party; plain 1200 1.0 item 3.44 10083 Pork, fresh, shoulder, blade, boston (roasa), separable lean and fat, cooked, masted 88.50 3.0 co 3.37 19086 Candies, confectioner's coating, peanst butter 168.00 1.0 cup chips 3.36 19082 Oat flour, partially debramed 104.00 1.0 cup 3.33 10126 Cheese, mozzardia, whole milk 1.0 cup shoulded 3.27 17336 Game meat, histon, top round, separable lean only, 1" steak, cooked, broiled 88.50 1.0 serving (3.0 co 3.20 18090 Goog, pean, split with ham, canned, chanky, ready-to-serve 2400 1.0 cup shoulded 3.27 17390 Beef, flink, steak, separable lean and fat, trimmed to 0" fl. all grades, raw 88.50 3.0 co 3.0 co 3.10 17220 Lanb, New Zealand, imported, frozen, leg, whole Glarak and sirbin), separable lean and fat, trimmed to 1/8" 88.50 3.0 co 3.0	20314	Corn grain, white	166.0	1.0 cup	3.67
17275 Veal, breast, whole, boncless, separable lean only, cooked, braised 85.0 3.0 or 3.56 21110 Fast foods, hamburger; double, pepting, party; plain 120.0 1.0 inem 3.44 10883 Pork, fresh, shoulder, bitale, boston (roasts), separable lean and fat, cooked, roasted 85.0 3.0 oz 3.37 10866 Candies, confectioner's coating, peams butter 168.0 1.0 cup chips 3.38 20122 On flour, partially debrained 104.0 1.0 cup shredded 3.27 17336 Clanes, mozzarella, whole milk 85.0 1.0 serving (3 oz) 3.22 18566 Ground turkey, 93% lean, 7% fat, pan-broiled crumbles 85.0 1.0 serving (3 oz) 3.22 18570 Beef, flank, steak, separable lean and fat, trimmed to 0° fat, all grades, raw 85.0 3.0 oz 3.14 18522 Lumb, New Zealand, imported, frozen, leg, whole (blank and sirloin), separable lean and fat, trimmed to 18° fat, cooked, roasted 85.0 3.0 oz 3.0 oz 17222 Veal, broast, whole, broadcess, separable lean and fat, cooked, broasted 85.0 3.0 oz 3.0 oz 18227 Crusteeans, crab, queen, cook	01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	3.63
Past foods, hamburger double, regular, patty; plain 1200 1.0 iem 3.44 10183 Pork, fresh, shoulder, blade, boston (mass), separable lean and fat, cooked, roasted 8.50 3.0 oz 3.37 1026 Candies, confectioner's couting, peants bluter 1680 1.0 cup chips 3.36 2012 Our flour, partially debramed 1040 1.0 cup, shredded 3.27 1026 Chesse, mozzarella, whole milk 1120 1.0 cup, shredded 3.27 10336 Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled 8.50 1.0 serving (3 oz 3.20 13736 Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled 8.50 1.0 serving (3 oz 3.20 13790 Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw 8.50 3.0 oz 3.10 1370 Soup, pea, split with ham, camend, churky, ready-to-serve 2400 1.0 cup 3.12 1272 Veal, breast, whole, boncless, separable lean and fat, cooked, braised 8.50 3.0 oz 3.00 1272 Veal, breast, whole, boncless, separable lean and fat, cooked, braised 8.50 3.0 oz 3.00 1272 Veal, breast, whole, boncless, separable lean and fat, cooked, praised 8.50 3.0 oz 3.00 1272 Veal, breast, whole, boncless, separable lean and fat, cooked, praised 8.50 3.0 oz 3.00 1272 Veal, breast, whole, boncless, separable lean and fat, cooked, praised 8.50 3.0 oz 3.00 1272 Veal, breast, whole, boncless, separable lean and fat, cooked, praised 8.50 3.0 oz 3.00 1272 Veal, breast, whole, boncless, separable lean and fat, cooked, praised 8.50 3.0 oz 3.00 1272 Veal, breast, whole, boncless, separable lean and fat, cooked, praised 8.50 3.0 oz 3.00 1272 Veal, breast, whole, boncless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 8.50 1.0 unit (yield from 1 lb ready-to-cook united) 3.00 1272 Veal, breast, park of the cooked, proisible and fat, trimmed to 1/8" fat, choice, cooked, roasted 8.50 1.0 unit (yield from 1 lb	17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	3.58
10083 Pork, fresh, shoulter, blade, boston (roasts), separable lean and fat, cooked, roasted 85.0 3.0 cz 3.37 19086 Candies, confectioner's coating, peanut butter 168.0 1.0 cup thips 3.36 10126 Cheese, mozzarella, whole milk 112.0 1.0 cup, streaded 3.27 17336 Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled 85.0 1.0 serving (3 oz) 3.22 17336 Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled 85.0 1.0 serving (3 oz) 3.22 17336 Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled 85.0 3.0 oz 3.20 183970 Beef, flank, steak, sperable lean and fat, trimmed to "fat, all grades, raw 85.0 3.0 oz 3.14 18999 Soup, pea, split with ham, camed, chunky, ready-to-serve 240.0 1.0 cup 3.12 17229 Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 18" fat, cooked, roasted 85.0 3.0 oz 3.0 oz 17212 Veal, breast, whole, boneless, separable lean and fat, cooked, broised 85.0 3.0 oz 3.0 oz 17214 Lamb, domestic, rib, separable lean and fat, cooked, roasted 85.0 3.0 oz 3.0 oz 17214 Lamb, domestic, rib, separable lean and fat, trimmed to 18" fat, choice, cooked, roasted 85.0 3.0 oz 3.0 oz 17215 Verkey, all classes, leg, meat and skin, cooked, noasted 71.0 1.0 unit (yield from 11b ready-to-cook turkey) 3.03 17218 Lamb, domestic, rib, separable lean and fat, trimmed to 18" fat, choice, cooked, roasted 85.0 3.0 oz 2.99 17218 Lamb, domestic, rib, separable lean and fat, trimmed to 18" fat, choice, cooked, roasted 85.0 3.0 oz 2.99 17218 Lamb, domestic, rib, separable lean and fat, trimmed to 18" fat, choice, cooked, roasted 85.0 3.0 oz 2.90 17218 Lamb, domestic, rib, separable lean and fat, trimmed to 18" fat, choice, cooked, roasted 85.0 1.0 unit (yield from 11b ready-to-cook turkey) 3.00 17218 Lamb, domestic, rib, separable lean and fat, coo	17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	3.56
19086 Candies, confectioner's coaing, peanut butter 168.0 1.0 cup chips 3.36 20122 Oat flour, partially debranned 104.0 1.0 cup 3.33 20126 Cheese, mozzarella, whole milk 1.10 cup, shredded 3.27 20137 Game meat, bison, top round, separable lean only, 1" steak, cocked, broiled 85.0 1.0 serving (3 oz) 2025 Seefe Game, steak, steak, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 3.12 20137 Early Early Early Early Early Early Early Early Early 20138 Early Early Early Early Early Early Early 20149 Early Early Early Early Early Early 20149 Early Early Early Early Early 20149 Early Early Early Early 20149 Early Early Early Early Early 20149 Early Early Early Early 20140 Early Early Early Early 20150 Earl	21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	3.44
20132 Oat flour, partially debraned 1040 1.0 cup 3.33 01026 Cheese, morzurella, whole milk 1120 1.0 cup, shredded 3.27 17336 Game meat, bison, top round, separable lean only, I"steak, cooked, broiled 85.0 1.0 serving (3 oz.) 3.22 18706 Goround turkey, 95% lean, 7% fat, pan-Proiled crumbles 85.0 3.0 oz. 3.0 oz. 18707 Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, ruw 85.0 3.0 oz. 3.0 oz. 18708 Lanb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1.8" fat, cooked, mosted 85.0 3.0 oz. 3.0 oz. 17272 Veal, breats, whole, boneless, separable lean and fat, trimmed to 1.8" fat, choice, cooked, roasted 85.0 3.0 oz. 3.0 oz. 17274 Veal, breats, whole, boneless, separable lean and fat, trimmed to 1.8" fat, choice, cooked, roasted 85.0 3.0 oz. 3.0 oz. 17274 Veal, breats, whole, boneless, separable lean and fat, trimmed to 1.8" fat, choice, cooked, roasted 85.0 3.0 oz. 3.0 oz. 17281 Lamb, domestic, bini, separable lean and fat, trimmed to 1.8" fat, choice, cooked, roasted 4	10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	3.37
01026 Cheese, mozzarella, whole milk 112.0 1.0 cup, shredded 3.27 17336 Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled 85.0 1.0 serving (3 oz) 3.22 05666 Ground turkey, 93% lean, 7% fat, pan-broiled crumbles 85.0 3.0 oz 3.10 13790 Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 3.12 16050 Soup, pea, spit with ham, canned, chunky, ready-to-serve 2400 1.0 cup 3.22 17259 Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted 85.0 3.0 oz 3.0 17272 Veal, breast, whole, boneless, separable lean and fat, cooked, braised 85.0 3.0 oz 3.0 17241 Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, mosted 85.0 3.0 oz 3.0 15227 Crustaccans, crab, queen, cooked, moist heat 85.0 3.0 oz 3.0 15228 Turkey, all classes, leg, meat and skit, cooked, roasted 85.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 3.0 151	19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	3.36
17336 Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled 85.0 1.0 serving (3 oz) 3.22 95666 Ground turkey, 93% lean, 7% fat, pan-broiled crumbles 85.0 3.0 oz 3.14 1970 Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 3.14 96050 Soup, pea, spili with ham, canned, churky, ready-to-serve 240.0 1.0 cup 3.12 17259 Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted 85.0 3.0 oz 3.09 17221 Veal, breast, whole, boneless, separable lean and fat, cooked, braised 85.0 3.0 oz 3.09 07913 Salami, pork, beef, less sodium 100.0 3.527 oz 3.08 15227 Crustaceans, crab, queen, cooked, moist heat 85.0 3.0 oz 3.09 15234 Turkey, all classes, leg, meat and skin, cooked, roasted 71.0 1.0 unit (yield from 1 lb ready-to-cook unkey) 3.03 17238 Lamb, domestic, ioin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 oz 2.99 1406	20132	Oat flour, partially debranned	104.0	1.0 cup	3.33
05666 Ground turkey, 93% lean, 7% fat, pan-broiled crumbles 85.0 3.0 oz 3.20 13970 Beef, flank, steak, separable lean and fat, trimmed to 0° fat, all grades, raw 85.0 3.0 oz 3.14 06050 Soup, pea, split with ham, canned, chunky, ready-to-serve 240.0 1.0 cup 3.12 17259 Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8° fat, cooked, roasted 85.0 3.0 oz 3.09 17272 Veal, breast, whole, boneless, separable lean and fat, cooked, braised 85.0 3.0 oz 3.09 07913 Salami, jork, beef, less sodium 100.0 3.527 oz 3.08 17241 Lamb, domestic, rib, separable lean and fat, trimmed to 1/8° fat, choice, cooked, roasted 85.0 3.0 oz 3.05 15227 Crustaceans, crab, queen, cooked, moist heat 85.0 3.0 oz 3.05 15227 Crustaceans, crab, queen, cooked, moist heat 85.0 3.0 oz 3.0 oz 17238 Lamb, domestic, loin, separable lean and fat, trimmed to 1/8° fat, choice, cooked, roasted 85.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 3.0 oz 1907 <td>01026</td> <td>Cheese, mozzarella, whole milk</td> <td>112.0</td> <td>1.0 cup, shredded</td> <td>3.27</td>	01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	3.27
13970 Beef, flank, seak, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 3.14 96050 Soup, pea, split with ham, canned, chunky, ready-to-serve 240.0 1.0 cup 3.12 17259 Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1.8" fat, cooked, roasted 85.0 3.0 oz 3.09 17272 Veal, breast, whole, boneless, separable lean and fat, cooked, braised 85.0 3.0 oz 3.08 17241 Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 oz 3.08 15227 Crustaceans, crab, queen, cooked, moist heat 85.0 3.0 oz 3.08 15227 Crustaceans, crab, queen, cooked, moist heat 85.0 3.0 oz 3.05 15227 Crustaceans, crab, queen, cooked, moist heat 85.0 3.0 oz 3.05 15227 Crustaceans, crab, queen, cooked, moist heat 85.0 3.0 oz 3.0 oz 15238 Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 oz 2.99 14067 Beverages, Protein powder so	17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	3.22
06050 Soup, pea, split with ham, canned, chunky, ready-to-serve 240.0 1.0 cup 3.12 17259 Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1.8" fat, cooked, roasted 85.0 3.0 oz 3.09 17272 Veal, breast, whole, boneless, separable lean and fat, cooked, braised 85.0 3.0 oz 3.09 07913 Salami, pork, beef, less sodium 100.0 3.527 oz 3.08 17241 Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 oz 3.08 15227 Crustaceans, crab, queen, cooked, moist heat 85.0 3.0 oz 3.05 05194 Turkey, all classes, leg, meat and skin, cooked, roasted 71.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 3.03 17238 Lamb, domestic, join, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 oz 2.99 14067 Beverages, Protein powder soy based 45.0 1.0 cup 2.6 13913 Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw 85.0 3.0 oz 2.93 01076	05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	3.20
17259 Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted 85.0 3.0 oz 3.09 17272 Veal, breast, whole, boncless, separable lean and fat, cooked, braised 85.0 3.0 oz 3.09 07913 Salami, pork, beef, less sodium 100.0 3.527 oz 3.08 17241 Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 oz 3.08 15227 Crustaceans, crab, queen, cooked, moist heat 85.0 3.0 oz 3.05 05194 Turkey, all classes, leg, meat and skin, cooked, roasted 71.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 3.0 oz 17238 Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 oz 2.99 14067 Beverages, Protein powder soy based 45.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 3.0 oz 2.99 14067 Beverages, Protein powder soy based 45.0 1.0 scoop 2.97 20130 Barley flour or meal 148.0 1.0 scoop 2.93 13913 Bee	13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.14
17259 fat, cooked, roasted 85.0 3.0 oz 3.12 17272 Veal, breast, whole, boneless, separable lean and fat, cooked, braised 85.0 3.0 oz 3.09 07913 Salami, pork, beef, less sodium 100.0 3.527 oz 3.08 17241 Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 oz 3.05 15227 Crustaceans, crab, queen, cooked, moist heat 85.0 3.0 oz 3.05 05194 Turkey, all classes, leg, meat and skin, cooked, roasted 71.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 3.03 17238 Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 oz 2.99 14067 Beverages, Protein powder soy based 45.0 1.0 scoop 2.97 20130 Barley flour or meal 148.0 1.0 cup 2.96 13913 Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw 85.0 3.0 oz 2.93 01076 Milk substitutes, fluid, with lauric acid oil 244.0 1.0 cup 2.86 <tr< td=""><td>06050</td><td>Soup, pea, split with ham, canned, chunky, ready-to-serve</td><td>240.0</td><td>1.0 cup</td><td>3.12</td></tr<>	06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	3.12
07913 Salami, pork, beef, less sodium 100.0 3.527 oz 3.08 17241 Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 oz 3.08 15227 Crustaceans, crab, queen, cooked, moist heat 85.0 3.0 oz 3.05 05194 Turkey, all classes, leg, meat and skin, cooked, roasted 71.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 3.03 17238 Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 oz 2.99 14067 Beverages, Protein powder soy based 45.0 1.0 scoop 2.97 20130 Barley flour or meal 148.0 1.0 cup 2.96 13913 Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw 85.0 3.0 oz 2.93 01076 Milk substitutes, fluid, with lauric acid oil 244.0 1.0 cup 2.88 01115 Whey, sweet, dried 183.0 1.0 slice 1/4 of pie 2.85 05184 Turkey, dark meat from whole, meat and skin, cooked, roasted 85.0 1.0 serving 2.83	17259		85.0	3.0 oz	3.12
17241 Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 oz 3.05 15227 Crustaceans, crab, queen, cooked, moist heat 85.0 3.0 oz 3.05 05194 Turkey, all classes, leg, meat and skin, cooked, roasted 71.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 3.03 17238 Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 oz 2.99 14067 Beverages, Protein powder soy based 45.0 1.0 scoop 2.97 20130 Barley flour or meal 148.0 1.0 cup 2.96 13913 Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw 85.0 3.0 oz 2.93 01076 Milk substitutes, fluid, with lauric acid oil 244.0 1.0 cup 2.86 01115 Whey, sweet, dried 145.0 1.0 cup 2.86 21474 DIGIORNO Pizza, cheese topping, rising crust, frozen, baked 183.0 1.0 stice 1/4 of pie 2.85 05184 Turkey, dark meat from whole, meat and skin, cooked, roasted 85.0 1.0 serving 2.85 12033 Seeds, sesame flour, low-fat <td>17272</td> <td>Veal, breast, whole, boneless, separable lean and fat, cooked, braised</td> <td>85.0</td> <td>3.0 oz</td> <td>3.09</td>	17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	3.09
15227 Crustaceans, crab, queen, cooked, moist heat 85.0 3.0 oz 3.05 05194 Turkey, all classes, leg, meat and skin, cooked, roasted 71.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 3.03 17238 Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 oz 2.99 14067 Beverages, Protein powder soy based 45.0 1.0 scoop 2.97 20130 Barley flour or meal 148.0 1.0 cup 2.96 13913 Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw 85.0 3.0 oz 2.93 01076 Milk substitutes, fluid, with lauric acid oil 244.0 1.0 cup 2.88 01115 Whey, sweet, dried 145.0 1.0 sice 1/4 of pie 2.86 21474 DIGIORNO Pizza, cheese topping, rising crust, frozen, baked 183.0 1.0 sice 1/4 of pie 2.85 05184 Turkey, dark meat from whole, meat and skin, cooked, roasted 85.0 1.0 serving 2.85 12033 Seeds, sesame flour, low-fat 28.35 1.0 cup (8 fl oz) 2.84	07913	Salami, pork, beef, less sodium	100.0	3.527 oz	3.08
D5194 Turkey, all classes, leg, meat and skin, cooked, roasted 71.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 3.0 all parts of the search of th	17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	3.08
17238 Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 oz 2.99 14067 Beverages, Protein powder soy based 45.0 1.0 scoop 2.97 20130 Barley flour or meal 148.0 1.0 cup 2.96 13913 Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw 85.0 3.0 oz 2.93 01076 Milk substitutes, fluid, with lauric acid oil 244.0 1.0 cup 2.86 01115 Whey, sweet, dried 145.0 1.0 cup 2.86 21474 DIGIORNO Pizza, cheese topping, rising crust, frozen, baked 183.0 1.0 slice 1/4 of pie 2.85 05184 Turkey, dark meat from whole, meat and skin, cooked, roasted 85.0 1.0 serving 2.85 12033 Seeds, sesame flour, low-fat 28.35 1.0 oz 2.84 06002 Soup, black bean, canned, condensed 257.0 1.0 cup (8 fl oz) 2.83 12120 Nuts, hazelnuts or filberts 115.0 1.0 cup, chopped 2.82	15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	3.05
14067 Beverages, Protein powder soy based 45.0 1.0 scoop 2.97 20130 Barley flour or meal 148.0 1.0 cup 2.96 13913 Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw 85.0 3.0 oz 2.93 01076 Milk substitutes, fluid, with lauric acid oil 244.0 1.0 cup 2.88 01115 Whey, sweet, dried 145.0 1.0 cup 2.86 21474 DIGIORNO Pizza, cheese topping, rising crust, frozen, baked 183.0 1.0 slice 1/4 of pie 2.85 05184 Turkey, dark meat from whole, meat and skin, cooked, roasted 85.0 1.0 serving 2.85 12033 Seeds, sesame flour, low-fat 28.35 1.0 oz 2.84 06002 Soup, black bean, canned, condensed 257.0 1.0 cup (8 fl oz) 2.83 12120 Nuts, hazelnuts or filberts 115.0 1.0 cup, chopped 2.82	05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	3.03
20130 Barley flour or meal 148.0 1.0 cup 2.96 13913 Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw 85.0 3.0 oz 2.93 01076 Milk substitutes, fluid, with lauric acid oil 244.0 1.0 cup 2.88 01115 Whey, sweet, dried 145.0 1.0 cup 2.86 21474 DIGIORNO Pizza, cheese topping, rising crust, frozen, baked 183.0 1.0 slice 1/4 of pie 2.85 05184 Turkey, dark meat from whole, meat and skin, cooked, roasted 85.0 1.0 serving 2.85 12033 Seeds, sesame flour, low-fat 28.35 1.0 oz 2.84 06002 Soup, black bean, canned, condensed 257.0 1.0 cup (8 fl oz) 2.83 12120 Nuts, hazelnuts or filberts 115.0 1.0 cup, chopped 2.82	17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2.99
13913 Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw 85.0 3.0 oz 2.93 01076 Milk substitutes, fluid, with lauric acid oil 244.0 1.0 cup 2.88 01115 Whey, sweet, dried 145.0 1.0 cup 2.86 21474 DIGIORNO Pizza, cheese topping, rising crust, frozen, baked 183.0 1.0 slice 1/4 of pie 2.85 05184 Turkey, dark meat from whole, meat and skin, cooked, roasted 85.0 1.0 serving 2.85 12033 Seeds, sesame flour, low-fat 28.35 1.0 oz 2.84 06002 Soup, black bean, canned, condensed 257.0 1.0 cup (8 fl oz) 2.83 12120 Nuts, hazelnuts or filberts 115.0 1.0 cup, chopped 2.82	14067	Beverages, Protein powder soy based	45.0	1.0 scoop	2.97
01076 Milk substitutes, fluid, with lauric acid oil 244.0 1.0 cup 2.88 01115 Whey, sweet, dried 145.0 1.0 cup 2.86 21474 DIGIORNO Pizza, cheese topping, rising crust, frozen, baked 183.0 1.0 slice 1/4 of pie 2.85 05184 Turkey, dark meat from whole, meat and skin, cooked, roasted 85.0 1.0 serving 2.85 12033 Seeds, sesame flour, low-fat 28.35 1.0 oz 2.84 06002 Soup, black bean, canned, condensed 257.0 1.0 cup (8 fl oz) 2.83 12120 Nuts, hazelnuts or filberts 115.0 1.0 cup, chopped 2.82	20130	Barley flour or meal	148.0	1.0 cup	2.96
01115 Whey, sweet, dried 145.0 1.0 cup 2.86 21474 DIGIORNO Pizza, cheese topping, rising crust, frozen, baked 183.0 1.0 slice 1/4 of pie 2.85 05184 Turkey, dark meat from whole, meat and skin, cooked, roasted 85.0 1.0 serving 2.85 12033 Seeds, sesame flour, low-fat 28.35 1.0 oz 2.84 06002 Soup, black bean, canned, condensed 257.0 1.0 cup (8 fl oz) 2.83 12120 Nuts, hazelnuts or filberts 115.0 1.0 cup, chopped 2.82	13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2.93
21474 DIGIORNO Pizza, cheese topping, rising crust, frozen, baked 183.0 1.0 slice 1/4 of pie 2.85 05184 Turkey, dark meat from whole, meat and skin, cooked, roasted 85.0 1.0 serving 2.85 12033 Seeds, sesame flour, low-fat 28.35 1.0 oz 2.84 06002 Soup, black bean, canned, condensed 257.0 1.0 cup (8 fl oz) 2.83 12120 Nuts, hazelnuts or filberts 115.0 1.0 cup, chopped 2.82	01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	2.88
05184 Turkey, dark meat from whole, meat and skin, cooked, roasted 85.0 1.0 serving 2.85 12033 Seeds, sesame flour, low-fat 28.35 1.0 oz 2.84 06002 Soup, black bean, canned, condensed 257.0 1.0 cup (8 fl oz) 2.83 12120 Nuts, hazelnuts or filberts 115.0 1.0 cup, chopped 2.82	01115	Whey, sweet, dried	145.0	1.0 cup	2.86
12033 Seeds, sesame flour, low-fat 28.35 1.0 oz 2.84 06002 Soup, black bean, canned, condensed 257.0 1.0 cup (8 fl oz) 2.83 12120 Nuts, hazelnuts or filberts 115.0 1.0 cup, chopped 2.82	21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	2.85
06002 Soup, black bean, canned, condensed 257.0 1.0 cup (8 fl oz) 2.83 12120 Nuts, hazelnuts or filberts 115.0 1.0 cup, chopped 2.82	05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	2.85
12120 Nuts, hazelnuts or filberts 115.0 1.0 cup, chopped 2.82	12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	2.84
	06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	2.83
20143 Teff, cooked 252.0 1.0 cup 2.80	12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	2.82
	20143	Teff, cooked	252.0	1.0 cup	2.80

NDB_No	Description	Weight(g)	Measure	Zinc, Zn(mg) Per Measure
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	2.80
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	2.71
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	2.70
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	2.63
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	2.61
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	2.61
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	2.55
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	2.55
11450	Soybeans, green, raw	256.0	1.0 cup	2.53
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	2.51
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.49
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	2.43
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	2.41
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw	85.0	3.0 oz	2.41
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	2.40
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	2.36
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	2.35
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	2.33
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	2.25
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	2.22
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	2.22
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	2.22
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	2.18
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	2.18
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	2.17
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	2.14
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	2.12
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	2.08
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	2.06
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	2.06
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	2.05
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	2.05
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	2.03
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	2.02

NDB_No	Description	Weight(g)	Measure	Zinc, Zn(mg) Per Measure
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	1.98
20648	Sorghum flour, whole-grain	121.0	1.0 cup	1.97
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	1.96
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	1.95
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	1.87
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	1.86
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1.84
11304	Peas, green, raw	145.0	1.0 cup	1.80
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	1.79
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	1.77
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	1.76
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	1.74
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	1.74
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	1.73
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	1.73
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.72
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	1.70
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	1.68
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.67
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	1.67
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	1.66
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	1.66
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	1.66
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	1.64
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	1.64
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	1.63
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	1.62
07939	Frankfurter, pork	76.0	1.0 link	1.59
11215	Garlic, raw	136.0	1.0 cup	1.58
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	1.56
11211	Edamame, frozen, unprepared	118.0	1.0 cup	1.56
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	1.55
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	1.54
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.53
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	1.52
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.51

NDB_No	Description	Weight(g)	Measure	Zinc, Zn(mg) Per Measure
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	1.51
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	1.51
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	1.51
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	1.51
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	1.50
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	1.50
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	1.50
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	1.49
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	55.0	24.0 biscuits (1 NLEA serving)	1.48
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	1.48
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.48
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	1.48
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	1.48
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	1.47
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	1.46
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	1.46
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	1.46
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	1.46
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	1.44
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	1.43
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	1.42
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	1.41
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	1.40
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.39
20325	Cornmeal, white, self-rising, degermed, enriched	138.0	1.0 cup	1.38
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	1.36
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	1.34
01109	Milk, sheep, fluid	245.0	1.0 cup	1.32
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	1.30
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	1.30
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	1.29
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	1.28
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	1.28
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	1.28
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	1.28
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.28

NDB_No	Description	Weight(g)	Measure	Zinc, Zn(mg) Per Measure
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	1.27
07911	Liverwurst spread	55.0	0.25 cup	1.26
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	1.26
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	1.26
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	1.26
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	1.25
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1.25
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.24
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	1.24
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	1.24
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	1.22
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	1.22
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	1.22
15005	Fish, bluefish, raw	150.0	1.0 fillet	1.22
01094	Milk, buttermilk, dried	30.0	0.25 cup	1.21
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.20
17282	Lamb,Australian,imported,fresh,compositeoftrimmedretailcuts,separableleanonly,trimmedto1/8"fat,raw	28.35	1.0 oz	1.19
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	1.19
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	1.19
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	1.19
07926	Salami, Italian, pork	28.0	1.0 oz	1.18
01057	Eggnog	254.0	1.0 cup	1.17
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	1.16
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	1.16
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.16
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	1.14
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	1.14
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.14
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	1.13
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	1.11
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	1.11
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	1.11

6738 Tutkey, damantick, from whole bild, most only, raw 8.50 1.09 1.09 8947 Fie cents, deep disk, frozen, bladed, made with enriched floor 2020 1.0 ple crust (exeque) weight 1.05 1136 Potatoes, Russer, fleih and skin, bladed 2900 1.0 ple crust (exeque) weight 1.00 20410 Noodles, egg tuterriched, cooled, without added salt 1.00 1.00 1.00 1.00 1179 Conserved, seed, frozen, bushback of politic derined, without salt 1.05 1.00 1.00 1.00 11894 Pic crust, deep disk, frozen, unbladed, made with enriched floor 225.0 1.00 ple crust (exerage weigh) 1.00 11070 Limb bears, invariative wesk, frozen, high, september ship, september shi	NDB_No	Description	Weight(g)	Measure	Zinc, Zn(mg) Per Measure
1356 Poatones, Ruseat, Besh and skin, baked 290 1.0 poaton large (% to 4.14% dia.) 1.05 2010 Noodles, sage, marcifiedt, cooked, without added saft 160 1.0 cm 1.0 cm 1.0 cm 1875 Pie rused, theny further, march, kendy unit of cook, bolied, drained, without saft 165 1.0 pie crust (average weigh) 1.0 cm 11039 Lima beans, immature secks, from, boby, unperpared 250 1.0 pie crust (average weigh) 1.0 cm 11040 Milk, chocalate, fluid, commercial, whole, with added vitamin A and vitamin D 250 1.0 cm 1.0 cm 01102 Milk, chocalate, fluid, commercial, whole, with added vitamin A and vitamin D 283 3.0 cm 1.0 cm 0112 Values bear, meet offer, row 850 3.0 cm 1.0 cm 0112 Values bear, meet offer, row 850 3.0 cm 1.0 cm 0118 Land, Australian, imported, fresh, leg, center slice, stone-in, separable lean only, trimmed to 18° fat, row 28.3 1.0 cm 1.0 cm 0118 Tarkey, white, rotisserie, deli cut 28.0 1.0 cm 1.0 cm 0118 Carkey, separab, derived, robed	05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	1.09
20410 Noralbes ogg, uneariched, conked, without alkled salt 1600 1.0 cm, sweet, yellow, frozen, kernbed, ent off cob, bolled, drained, without salt 1600 1.0 cm, sweet, yellow, frozen, kernbed, made with carriched flour 2250 1.0 pic crust (acrystag, weight) 1.0 pic 11095 Linn beans, immature sceds, frozen, bubly, ungerpared 1640 1.0 pic crust (acrystag, weight) 1.03 30043 Blackberry juice, canned 2500 1.0 cup 1.02 30152 Gianne hern, nest only, rave 2830 3.0 cu 1.02 30744 Lumb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 10% far, raw 2835 1.0 cu 1.01 30744 Tunab, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 10% far, raw 2835 1.0 cu 1.00 30744 Tunab, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 10% far, raw 2835 1.0 cu 1.0 cu 30744 Tunab, Australian, imported, fresh, raw 2830 1.0 cu 1.0 cu 30744 Tunab, shart faint, invented, fresh, faith, shart faint, invented specified, with shart sais and spice, prepared with water 2160 1.0 cu	18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	1.05
10.179 Corn, sweet, yellow, frozen, kernels cut off out, broiled, forimed, without salt 165.0 1.0 pie crust deep glish, frozen, unbackd, made with emiched flour 12250 1.0 pie crust deep glish in the case, instantine seeds, frozen, baby, unspepared 164.0 1.0 cup 1.03	11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	1.05
18945 Pie crust, deep dich, frozen, unbaked, made with enriched flour 2250 1.0 pie crust (average weight) 1.0 cm 11039 Lina beans, immature seeds, frozen, buly, unprepared 1640 1.0 cp 1.0 cg 1.0 cg 0102 Bills, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D 2500 1.0 cg 1.0 cg 05152 Ginica bean, meat only, raw 85.0 3.0 oz 1.0 cg 1738 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1.8" far, raw 28.35 1.0 oz 1.0 cg 20112 Noulles, egg, spinisch, emriched, cooked 1600 1.0 cg 1.0 cg 20112 Noulles, egg, spinisch, emriched, cooked 1600 1.0 cg 1.0 cg 20112 Noulles, egg, spinisch, emriched, cooked 1600 1.0 cg 1.0 cg 20113 Cercals, cois, instant, fortified, with raisins and spice, prepared with water 2000 1.0 cg 1.0 cg 20114 Viguer, plain, whole milk, 8 grams protein per 8 ounce 1700 1.0 cg 1.0 cg 1.0 cg 11170 Corn, sweet, yellow, canned, regular pack, solida	20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	1.04
11039 Lima beans, immature seeds, frozen, baby, unprepared 1640 1.0 cup 1.0 cup 09043 Blackberry juice, canned 2500 1.0 cup 1.0 cup 0102 Milk, checolate, fulls, checolate, fulls	11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	1.04
69043 Blackberry juice, canned 250 1.0 cup 1.02 01102 Milk, chooclaer, fluid, commercial, whole, with added vitamin A and vitamin D 2500 1.0 cup 1.02 01512 Guinea hen, meat only, raw 85.0 3.0 az 1.0 cup 17308 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 1.0 n 07944 Turkey, white, rotisserie, deli cut 48.0 1.00 oz (1.5 cry) 1.0 n 08133 Ceraals, oars, instant, fortified, with raisins and spice, prepared with water 240.0 1.0 cup 1.0 n 08381 Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed 152.0 5.0 fl. cu 1.0 n 01116 Yogur, plain, whole milk. § grams protein per 8 ounce 1700 10 container 6 oz 1.0 cu 01117 Corn, sweet, yellow, canned, bring pack, regular pack, solids and liquids 28.5 1.0 cu 1.0 cu 1102 Fast foods, biscuit, with egg 136.0 1.0 in sec 1.0 cu 1103 Corn, sweet, yellow, canned, fregular pack, solids, and liquids 28.3 <td>18945</td> <td>Pie crust, deep dish, frozen, unbaked, made with enriched flour</td> <td>225.0</td> <td>1.0 pie crust (average weight)</td> <td>1.04</td>	18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	1.04
01102 Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D 250 1.0 cm 1.0 cm 05152 Guinea hen, meat only, raw 85.0 3.0 cz 1.0 cz 17208 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw 28.3 1.0 ep act, leaving 1.0 cz 07944 Turkey, white, croiserie, deli cut 48.0 1.69 act, leaving 1.0 cz 2012 Noodles, egg, spinach, enriched, cooked 160.0 1.0 cup 1.0 cz 0813 Cereals, oais, instant, fortified, with raisin and spice, prepared with water 240.0 1.0 cup 1.0 cup 09116 Vagurt, plain, whole milk, 8 grams protein per 8 ource 170.0 1.0 cut milm formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTI EASF, Toddler, ready-to-feed 152.0 1.0 cut milm for 0.0 cut milm	11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	1.03
05152 Ginnea hen, meat only, raw 85.0 3.0 or 1.02 17308 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 or 1.01 07944 Turkey, white, rotiscric, deli cut 48.0 1.69 oz (1 serving) 1.01 07912 Noodles, egg., spinach, euriched, cooked 160.0 1.0 cup 1.01 08133 Cereals, oats, instant, fortified, with raisins and spice, prepared with water 240.0 1.0 cup 1.0 03981 Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed 152.0 5.0 fl cg 1.0 11170 Corn, sweet, yellow, canned, thrine pack, regular pack, solids and liquids 256.0 1.0 cup 1.0 11172 Smcks, potato chips, fai-free, made with olestra 28.3 1.0 cup 0.0 19423 Smcks, potato chips, fai-free, made with olestra 28.3 1.0 cup 0.0 19424 Limb beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt 180.0 1.0 cup 0.0 19425 Spinach, canned, regular pack, solids and liquids 281.0	09043	Blackberry juice, canned	250.0	1.0 cup	1.02
17308 Lamh, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 or 1.01 07944 Turkey, white, rotisseric, delic ut 48.0 1.69 or (1 serving) 1.01 20112 Noodles, egg, spinach, enriched, cooked 16.0 1.0 cup 1.01 03181 Gereals, oats, instant, fortified, with traisins and spice, prepared with water 240 1.0 cup 1.01 03814 Infam formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed 152.0 5.0 fl oz 1.00 01116 Yogurt, plain, whole milk, 8 grams protein per 8 ounce 170.0 1.0 container (6 oz) 1.0 11170 Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids 256.0 1.0 cup 1.0 11170 Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids 28.35 1.0 oz 0.99 19423 Snacks, potato chips, fut-free, made with olestra 28.35 1.0 oz 0.99 19430 Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.99 11040<	01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	1.02
07944 Turkey, white, rotisserie, deli cut 48.0 1.69 α/ (1 serving) 1.01 20112 Noodles, egg, spinach, enriched, cooked 1600 1.0 cup 1.01 08133 Cercals, oats, instant, fortified, with raisins and spice, prepared with water 2400 1.0 cup 1.01 08181 Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed 1520 5.0 fl oz 1.00 01116 Yogurt, plain, whole milk, 8 grams protein per 8 ounce 1700 1.0 container (6 oz) 1.00 11170 Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids 256.0 1.0 cup 1.00 11020 Fast foods, biscuit, with egg 136.0 1.0 biscuit 0.99 17200 Lantb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.99 17300 Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw 28.5 1.0 cup 0.99 17302 Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 18" fat, raw 28.5 1.0 cup 0.99	05152	Guinea hen, meat only, raw	85.0	3.0 oz	1.02
20112 Noodles, egg, spinach, enriched, cooked 1600 1.0 cup 1.0 08133 Cereals, casts, instant, fortified, with raisins and spice, prepared with water 2400 1.0 cup 1.0 03981 Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed 152.0 5.0 fl oz 1.0 11170 Corn, sweet, yellow, canned, brite pack, regular pack, solids and liquids 256.0 1.0 cup 1.0 21002 Fast foods, biscuit, with egg 136.0 1.0 biscuit 0.99 19423 Snacks, potato chips, fat-free, made with olestra 28.35 1.0 cz 0.99 19430 Lainb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 cz 0.99 18982 KASHI, 1/2H Woven Wheat Cracker, Rossted Garlic 30.0 7.0 cracker 0.99 18982 KASHI, 1/2H Woven Wheat Cracker, Rossted Garlic 30.0 7.0 cracker 0.99 18982 KASHI, 1/2H Woven Wheat Cracker, Rossted Garlic 30.0 7.0 cracker 0.99 18982 KASHI, 1/2H Woven Wheat Cracker, Rossted Garlic 23.0 1.0	17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.01
08133 Cereals, oats, instant, fortified, with raisins and spice, prepared with water 240.0 1.0 cup 1.0 cup 0381 Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed 152.0 5.0 fl oz 1.00 01116 Yogurt, plain, whole milk, 8 grams protein per 8 ounce 170.0 1.00 1.0 container (6 oz) 1.00 11170 Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids 256.0 1.0 cup 0.99 19423 Snacks, potato chips, fat-free, made with olestra 28.35 1.0 oz 0.99 19423 Snacks, potato chips, fat-free, made with olestra 28.35 1.0 oz 0.99 19423 Snacks, potato chips, fat-free, made with olestra 28.35 1.0 oz 0.99 19423 Snacks, potato chips, fat-free, made with olestra 28.35 1.0 oz 0.99 19423 Snacks, potato chips, fat-free, made with olestra 28.35 1.0 oz 0.99 19423 Lamb, Australian, imported, fresh, leg, sirioin half, boneless, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.99 11040 Lima beans, immature seeds	07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	1.01
03981 Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed 152.0 5.0 fl oz 1.00 01116 Yogurt, plain, whole milk, 8 grams protein per 8 ounce 170.0 1.0 container (6 oz) 1.00 11170 Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids 256.0 1.0 cup 1.00 21002 Fast foods, biscuit, with egg 136.0 1.0 biscuit 0.99 1423 Snacks, potato chips, fat-free, made with olestra 28.35 1.0 oz 0.99 17300 Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.99 18982 KASHI, H2H Woren Wheat Cracker, Rosated Garlic 30.0 7.0 cracker 0.99 18982 KASHI, H2H Woren Wheat Cracker, Rosated Garlic 30.0 7.0 cracker 0.99 18982 KASHI, H2H Woren Wheat Cracker, Rosated Garlic 30.0 7.0 cracker 0.99 18982 KASHI, H2H Woren Wheat Cracker, Rosated Garlic 30.0 7.0 cracker 0.99 18982 KASHI, H2H Woren Wheat Cracker, Rosated Garlic 245.0 1.0 c	20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	1.01
01116 Yogurt, plain, whole milk, 8 grams protein per 8 ounce 1700 1.0 container (6 oz) 1.0 cup 11170 Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids 256.0 1.0 cup 1.00 21002 Fast foods, biscuit, with egg 136.0 1.0 biscuit 0.99 19423 Snacks, potato chips, fat-free, made with olestra 28.35 1.0 oz 0.99 17300 Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.99 18982 KASHI, H2H Woven Wheat Cracker, Boatsed Garlic 300 7.0 cracker 0.99 18982 KASHI, H2H Woven Wheat Cracker, Roasted Garlic 300 7.0 cracker 0.99 18982 KASHI, H2H Woven Wheat Cracker, Roasted Garlic 300 7.0 cracker 0.99 18982 KASHI, H2H Woven Wheat Cracker, Roasted Garlic 300 1.0 cup 0.98 18982 KASHI, H2H Woven Wheat Cracker, Roasted Garlic 300 1.0 cup 0.98 18982 KASHI, H2H Woven Wheat Cracker, Roasted Garlic 300 1.0 cup 0.98 <tr< td=""><td>08133</td><td>Cereals, oats, instant, fortified, with raisins and spice, prepared with water</td><td>240.0</td><td>1.0 cup</td><td>1.01</td></tr<>	08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	1.01
11170 Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids 256.0 1.0 cup 1.00 21002 Fast foods, biscuit, with egg 136.0 1.0 biscuit 0.99 19423 Snacks, potato chips, fat-free, made with olestra 28.35 1.0 oz 0.99 17300 Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.99 11040 Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt 180.0 1.0 cup 0.99 18982 KASHI, H2H Woven Wheat Cracker, Roasted Garlic 30.0 7.0 cracker 0.99 18982 KASHI, H2H Woven Wheat Cracker, Roasted Garlic 30.0 7.0 cracker 0.99 18982 KASHI, H2H Woven Wheat Cracker, Roasted Garlic 30.0 1.0 cup 0.98 18982 KASHI, H2H Woven Wheat Cracker, Roasted Garlic 30.0 7.0 cracker 0.99 18982 KASHI, H2H Woven Wheat Cracker, Roasted Garlic 30.0 1.0 cup 0.98 11459 Spinach, canned, regular pack 245.0 1.0 cup 0.98 <tr< td=""><td>03981</td><td>Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed</td><td>152.0</td><td>5.0 fl oz</td><td>1.00</td></tr<>	03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	1.00
21002 Fast foods, biscuit, with egg 1360 1.0 biscuit 0.99 19423 Snacks, potato chips, fat-free, made with olestra 28.35 1.0 oz 0.99 17300 Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.99 11040 Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt 180.0 1.0 cup 0.99 18982 KASHI, H2H Woven Wheat Cracker, Roasted Garlic 30.0 7.0 cracker 0.99 11459 Spinach, canned, regular pack, solids and liquids 234.0 1.0 cup 0.98 11459 Spinach, canned, chunky, ready-to-serve 245.0 1.0 cup 0.98 11372 Potatoes, scalloped, home-prepared with butter 245.0 1.0 cup 0.98 15225 Fish, yellowtail, mixed species, cooked, dry heat 146.0 0.5 fillet 0.98 11453 Soybeans, mature seeds, sprouted, cooked, steamed 94.0 1.0 cup 0.98 1103 Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D 250.0 1.0 cup 0.	01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.00
19423 Snacks, potato chips, fat-free, made with olestra 28.35 1.0 oz 0.99 17300 Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.99 11040 Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt 180.0 1.0 cup 0.99 18982 KASHI, H2H Woven Wheat Cracker, Roasted Garlic 30.0 7.0 cracker 0.99 11459 Spinach, canned, regular pack, solids and liquids 234.0 1.0 cup 0.98 06015 Soup, chicken, canned, chunky, ready-to-serve 245.0 1.0 cup 0.98 11372 Potatoes, scalloped, home-prepared with butter 245.0 1.0 cup 0.98 15225 Fish, yellowtail, mixed species, cooked, dry heat 146.0 0.5 fillet 0.98 11453 Soybeans, mature seeds, sprouted, cooked, steamed 94.0 1.0 cup 0.98 11453 Asparagus, canned, fluid, commercial, reduced fat, with added vitamin A and vitamin D 250.0 1.0 cup 0.97 11015 Asparagus, canned, drianed solids 242.0 1.0 cup	11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	1.00
17300 Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.99 11040 Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt 180.0 1.0 cup 0.99 18982 KASHI, H2H Woven Wheat Cracker, Roasted Garlic 30.0 7.0 cracker 0.99 11459 Spinach, canned, regular pack, solids and liquids 234.0 1.0 cup 0.98 66015 Soup, chicken, canned, chunky, ready-to-serve 245.0 1.0 cup 0.98 11372 Potatoes, scalloped, home-prepared with butter 245.0 1.0 cup 0.98 15225 Fish, yellowtail, mixed species, cooked, dry heat 146.0 0.5 fillet 0.98 11453 Soybeans, mature seeds, sprouted, cooked, steamed 94.0 1.0 cup 0.98 11453 Soybeans, mature seeds, sprouted, cooked, steamed 94.0 1.0 cup 0.98 1105 Asparagus, canned, drined solids 242.0 1.0 cup 0.98 11015 Asparagus, canned, drined solids 242.0 1.0 cup 0.97 11444<	21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.99
11040 Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt 180.0 1.0 cup 0.99 18982 KASHI, H2H Woven Wheat Cracker, Roasted Garlic 30.0 7.0 cracker 0.99 11459 Spinach, canned, regular pack, solids and liquids 234.0 1.0 cup 0.98 06015 Soup, chicken, canned, chunky, ready-to-serve 245.0 1.0 cup 0.98 11372 Potatoes, scalloped, home-prepared with butter 245.0 1.0 cup 0.98 15225 Fish, yellowtail, mixed species, cooked, dry heat 146.0 0.5 fillet 0.98 11453 Soybeans, mature seeds, sprouted, cooked, steamed 94.0 1.0 cup 0.98 01103 Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D 250.0 1.0 cup 0.98 1105 Asparagus, canned, drained solids 242.0 1.0 cup 0.97 1176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210.0 1.0 cup 0.97 19444 Snacks, tortilla chips, low fat, made with olestra, nacho cheese 28.35 1.0 oz 0.96	19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	0.99
18982 KASHI, H2H Woven Wheat Cracker, Roasted Garlic 30.0 7.0 cracker 0.99 11459 Spinach, canned, regular pack, solids and liquids 234.0 1.0 cup 0.98 06015 Soup, chicken, canned, chunky, ready-to-serve 245.0 1.0 cup 0.98 11372 Potatoes, scalloped, home-prepared with butter 245.0 1.0 cup 0.98 15225 Fish, yellowtail, mixed species, cooked, dry heat 146.0 0.5 fillet 0.98 11453 Soybeans, mature seeds, sprouted, cooked, steamed 94.0 1.0 cup 0.98 01103 Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D 250.0 1.0 cup 0.98 1105 Asparagus, canned, drained solids 242.0 1.0 cup 0.97 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210.0 1.0 cup 0.97 11944 Snacks, tortilla chips, low fat, made with olestra, nacho cheese 28.35 1.0 oz 0.96 17267 Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw 28.35 1.0 oz 0.96 <td< td=""><td>17300</td><td>Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw</td><td>28.35</td><td>1.0 oz</td><td>0.99</td></td<>	17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.99
11459 Spinach, canned, regular pack, solids and liquids 234.0 1.0 cup 0.98 06015 Soup, chicken, canned, chunky, ready-to-serve 245.0 1.0 cup 0.98 11372 Potatoes, scalloped, home-prepared with butter 245.0 1.0 cup 0.98 15225 Fish, yellowtail, mixed species, cooked, dry heat 146.0 0.5 fillet 0.98 11453 Soybeans, mature seeds, sprouted, cooked, steamed 94.0 1.0 cup 0.98 01103 Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D 250.0 1.0 cup 0.98 11015 Asparagus, canned, drained solids 242.0 1.0 cup 0.97 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210.0 1.0 cup 0.97 119444 Snacks, tortilla chips, low fat, made with olestra, nacho cheese 28.35 1.0 oz 0.96 17267 Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw 28.35 1.0 oz 0.96 17256 Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw 28.35 1.0 oz	11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.99
06015 Soup, chicken, canned, chunky, ready-to-serve 245.0 1.0 cup 0.98 11372 Potatoes, scalloped, home-prepared with butter 245.0 1.0 cup 0.98 15225 Fish, yellowtail, mixed species, cooked, dry heat 146.0 0.5 fillet 0.98 11453 Soybeans, mature seeds, sprouted, cooked, steamed 94.0 1.0 cup 0.98 01103 Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D 250.0 1.0 cup 0.98 11015 Asparagus, canned, drained solids 242.0 1.0 cup 0.97 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210.0 1.0 cup 0.97 19444 Snacks, tortilla chips, low fat, made with olestra, nacho cheese 28.35 1.0 oz 0.96 17267 Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw 28.35 1.0 oz 0.96 17256 Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.96 12737 Nuts, mixed nuts, oil roasted, with peanuts, lightly salted 28.35 1.0 oz 0.95 9085 Currants, zante, dried <td>18982</td> <td>KASHI, H2H Woven Wheat Cracker, Roasted Garlic</td> <td>30.0</td> <td>7.0 cracker</td> <td>0.99</td>	18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	0.99
11372 Potatoes, scalloped, home-prepared with butter 245.0 1.0 cup 0.98 15225 Fish, yellowtail, mixed species, cooked, dry heat 146.0 0.5 fillet 0.98 11453 Soybeans, mature seeds, sprouted, cooked, steamed 94.0 1.0 cup 0.98 01103 Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D 250.0 1.0 cup 0.98 11015 Asparagus, canned, drained solids 242.0 1.0 cup 0.97 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210.0 1.0 cup 0.97 19444 Snacks, tortilla chips, low fat, made with olestra, nacho cheese 28.35 1.0 oz 0.96 17267 Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw 28.35 1.0 oz 0.96 17256 Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.96 12737 Nuts, mixed nuts, oil roasted, with peanuts, lightly salted 28.35 1.0 oz 0.95 09085 Currants, zante, dried 144.0 1.0 cup 0.95	11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.98
15225 Fish, yellowtail, mixed species, cooked, dry heat 146.0 0.5 fillet 0.98 11453 Soybeans, mature seeds, sprouted, cooked, steamed 94.0 1.0 cup 0.98 01103 Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D 250.0 1.0 cup 0.98 11015 Asparagus, canned, drained solids 242.0 1.0 cup 0.97 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210.0 1.0 cup 0.97 19444 Snacks, tortilla chips, low fat, made with olestra, nacho cheese 28.35 1.0 oz 0.96 17267 Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw 28.35 1.0 oz 0.96 17256 Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.96 12737 Nuts, mixed nuts, oil roasted, with peanuts, lightly salted 28.35 1.0 oz 0.95 09085 Currants, zante, dried 144.0 1.0 cup 0.95	06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.98
11453 Soybeans, mature seeds, sprouted, cooked, steamed 94.0 1.0 cup 0.98 01103 Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D 250.0 1.0 cup 0.98 11015 Asparagus, canned, drained solids 242.0 1.0 cup 0.97 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210.0 1.0 cup 0.97 19444 Snacks, tortilla chips, low fat, made with olestra, nacho cheese 28.35 1.0 oz 0.96 17267 Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw 28.35 1.0 oz 0.96 17256 Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.96 12737 Nuts, mixed nuts, oil roasted, with peanuts, lightly salted 28.35 1.0 oz 0.95 09085 Currants, zante, dried 144.0 1.0 cup 0.95	11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	0.98
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D 250.0 1.0 cup 0.98 1015 Asparagus, canned, drained solids 242.0 1.0 cup 0.97 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210.0 1.0 cup 0.97 19444 Snacks, tortilla chips, low fat, made with olestra, nacho cheese 28.35 1.0 oz 0.96 17267 Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw 28.35 1.0 oz 0.96 17256 Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.96 12737 Nuts, mixed nuts, oil roasted, with peanuts, lightly salted 28.35 1.0 oz 0.95 1.0 oz 0.95 1.0 oz 0.95	15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	0.98
11015 Asparagus, canned, drained solids 242.0 1.0 cup 0.97 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210.0 1.0 cup 0.97 19444 Snacks, tortilla chips, low fat, made with olestra, nacho cheese 28.35 1.0 oz 0.96 17267 Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw 28.35 1.0 oz 0.96 17256 Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.96 12737 Nuts, mixed nuts, oil roasted, with peanuts, lightly salted 28.35 1.0 oz 0.95 09085 Currants, zante, dried 144.0 1.0 cup 0.95	11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.98
11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 110 cup 19444 Snacks, tortilla chips, low fat, made with olestra, nacho cheese 17267 Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw 17256 Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw 128.35 1.0 oz 17270 Nuts, mixed nuts, oil roasted, with peanuts, lightly salted 128.35 1.0 oz 12950 1200 1300 1400 1500 1500 1500 1500 1500 1500 15	01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.98
19444 Snacks, tortilla chips, low fat, made with olestra, nacho cheese 28.35 1.0 oz 0.96 17267 Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw 28.35 1.0 oz 0.96 17256 Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.96 12737 Nuts, mixed nuts, oil roasted, with peanuts, lightly salted 28.35 1.0 oz 0.95 09085 Currants, zante, dried 144.0 1.0 cup 0.95	11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.97
Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw 28.35 1.0 oz 0.96 Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.96 12737 Nuts, mixed nuts, oil roasted, with peanuts, lightly salted 28.35 1.0 oz 0.95 09085 Currants, zante, dried	11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.97
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.96 12737 Nuts, mixed nuts, oil roasted, with peanuts, lightly salted 28.35 1.0 oz 0.95 09085 Currants, zante, dried 144.0 1.0 cup 0.95	19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	0.96
Nuts, mixed nuts, oil roasted, with peanuts, lightly salted 28.35 1.0 oz 0.95 Currants, zante, dried 144.0 1.0 cup 0.95	17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.96
09085 Currants, zante, dried 144.0 1.0 cup 0.95	17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.96
·	12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.95
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw 28.35	09085	Currants, zante, dried	144.0	1.0 cup	0.95
	17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.94

NDB_No	Description	Weight(g)	Measure	Zinc, Zn(mg) Per Measure
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.93
07921	Bacon and beef sticks	28.0	1.0 oz	0.90
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.90
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.90
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	0.90
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.90
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	0.89
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.88
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.88
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	0.87
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.87
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.85
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.84
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.82
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	0.82
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.82
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.80
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.80
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.79
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.78
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	0.78
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.78
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	0.78
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0.77
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.77
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	0.77
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.77
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.76
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.76
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.76
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	0.76
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.75
01004	Cheese, blue	28.35	1.0 oz	0.75
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	0.75

NDB_No	Description	Weight(g)	Measure	Zinc, Zn(mg) Per Measure
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	0.75
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	0.75
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.75
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	0.74
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.74
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.74
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0.74
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.74
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.74
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.74
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.74
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	0.73
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	0.73
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.73
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	0.72
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	0.72
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.72
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.72
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.71
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.70
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.70
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.69
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	0.68
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.68
01007	Cheese, camembert	28.35	1.0 oz	0.67
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.67
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	0.67
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.66
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.66
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.66
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.66
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	0.66
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.66
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.65
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.64
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.64

NDB_No	Description	Weight(g)	Measure	Zinc, Zn(mg) Per Measure
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	0.64
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.64
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	0.64
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	0.63
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.63
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	0.63
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.62
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.62
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	0.62
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	0.62
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	0.62
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.60
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.60
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	0.60
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	0.60
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.59
21023	Fast foods, french toast with butter	135.0	2.0 slices	0.59
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.59
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.59
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.59
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.58
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.58
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.58
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.57
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.57
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.57
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	0.57
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0.56
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.56
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.55
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	0.54
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.54
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	0.53
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	0.53
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	0.53

NDB_No	Description	Weight(g)	Measure	Zinc, Zn(mg) Per Measure
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.53
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.52
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	0.52
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Dr, Cheese	105.0	1.0 bscuit	0.52
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.52
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.52
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.52
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.52
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.51
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	0.51
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	0.51
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.50
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.50
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.50
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.50
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	0.50
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	0.50
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	0.50
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.50
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.49
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.49
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	0.49
09428	Rowal, raw	114.0	0.5 cup	0.49
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	0.49
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	0.49
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.48
11080	Beets, raw	136.0	1.0 cup	0.48
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.48
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	0.47
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.46
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0.46
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.46
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.46
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	0.46
18972	Bread, cheese	48.0	1.0 slice	0.46
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	0.46

NDB_No	Description	Weight(g)	Measure	Zinc, Zn(mg) Per Measure
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.45
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.45
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.45
11620	Drumstick pods, raw	100.0	1.0 cup slices	0.45
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	0.44
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.44
20134	Rice noodles, cooked	176.0	1.0 cup	0.44
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	0.44
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.43
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.43
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.43
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	0.43
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.42
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.42
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.42
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	0.42
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.42
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.41
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.41
11965	Cauliflower, green, raw	64.0	1.0 cup	0.41
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.41
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.41
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.41
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	0.41
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.41
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0.40
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.39
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	0.39
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.39
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.39
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.38
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	0.38
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	0.38
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.38
18066	Bread, wheat bran	28.35	1.0 oz	0.38
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0.38

NDB_No	Description	Weight(g)	Measure	Zinc, Zn(mg) Per Measure
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.38
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.38
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.38
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.38
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	0.38
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	0.37
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.37
15267	Fish, pollock, Alaska, cooked (not previously frozen)	85.0	3.0 oz	0.37
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.37
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	0.37
11098	Brussels sprouts, raw	88.0	1.0 cup	0.37
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	0.37
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	0.37
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.36
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	0.36
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.36
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	0.36
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.36
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	0.36
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.36
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.36
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	0.36
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.36
18025	Bread, cracked-wheat	28.35	1.0 oz	0.35
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.35
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	0.35
07971	Bologna, meat and poultry	33.0	1.0 slice	0.35
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	0.35
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.34
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.34
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	0.34
18064	Bread, wheat	28.35	1.0 oz	0.34
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.34
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.34
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.33
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.33

NDB_No	Description	Weight(g)	Measure	Zinc, Zn(mg) Per Measure
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	0.33
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.33
11429	Radishes, raw	116.0	1.0 cup slices	0.32
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.32
18060	Bread, rye	28.35	1.0 oz	0.32
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.32
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.32
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	0.32
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.31
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.31
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	0.31
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.31
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.31
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.31
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.31
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.31
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.31
11124	Carrots, raw	128.0	1.0 cup chopped	0.31
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.31
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	0.31
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	0.30
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.30
11122	Cardoon, raw	178.0	1.0 cup, shredded	0.30
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	0.30
09083	Currants, european black, raw	112.0	1.0 cup	0.30
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.30
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.30
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	0.30
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.30
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	0.30
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.30
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.30
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.29
15013	Fish, cisco, raw	79.0	1.0 fillet	0.29
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.29
18240	Croissants, apple	28.35	1.0 oz	0.29

90907 Bysautherins Knoca, usweechand 33.0 10 up, unknoch 0.26 15014 Bristin, plain or bettermill, efrigented bodgh, ligher fut 38.0 1.0 no. bronders 0.20 15016 Polt, mackerd, jack, canned, dividend without sail 77.0 1.0 no. bronders 0.20 15117 Chloge, chimene (pack-chip), condect, bolled, billed, turned, without sail 77.00 1.0 no. 10.0 up, dended 0.20 1513 Vanctors, Leid, Jack, condect, bolled, billed, untered, without 2.00 1.0 no. 10.0 up, dended 0.20 1513 Vanctors, Leid, Jack, victor, buttern, furbace, mind, with said 2.00 1.0 no. 10.0 up, dended 0.20 1518 Spaceb, winter, buttern, furbace, buttern, furbace, furbace, unprepared 2.0 1.0 no. 10.0 up, dended 0.00 1607 Aprilia, cannel, berry, yeng pack, with san, suffatal furbace 2.83 1.0 no. 10.0 up, dended 0.00 1617 Parilia, berry, Allarice, furbace, winter, suffatal furbace,	NDB_No	Description	Weight(g)	Measure	Zinc, Zn(mg) Per Measure
1808 Fish, mackerd, jack, canned, drained solids 28.38 1.00 no. boncless 0.29 11117 Caboge, chinese (pak-choi), cooked, boiled, drained, without salt 1700 1.01 cup, shreeding of the cooking, chined, charmed, with salt 1700 1.01 cup, shreeding of the cooking, charmed, charmed, with salt 1700 1.01 cup, shreeding of the cooking, charmed, packed, intermate picted in tomato pice 2400 1.01 cup, shreeding of the cooking, charmed, packed in tomato pice 2400 1.00 cup, shreeding of the cooking, charmed, with salt salt salt salt salt salt salt salt	09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	0.29
H117 Calbage, chinese (pak-choi), cookel, brilled, drained, without alt 1730 Calbage, chinese (pak-choi), cookel, brilled, drained, without 1700 1.0 cup, briedled 2.02 11783 Tomates, red, fripse, canned, packal in morato pice 200 0.0 cup, drained 2.02 1188 Sguath, winter, butternst, frozen, cookel, brilled, without salt 210 0.10 cup, whipped 2.02 1188 Sguath, winter, butternst, frozen, cookel, brilled, without salt 120 0.10 cup, whipped 2.02 1184 Pactors, brack, diskin, without salt 38.0 1.0 cup, brack 2.02 1186 MORINOSTAR FARMS Buffalo Chik Patris, frozen, unprepared 28.0 1.0 cup, brack 2.02 1589 Fish, herring, Albanite, caw 28.3 1.0 cup, brack 2.02 1589 Fish, herring, Albanite, caw 28.3 1.0 cup, brack 2.02 1593 Fish, herring, Albanite, caw 2.02 2.03 1.0 cup, brack 2.02 1593 Fish, herring, Albanite, caw 2.02 2.03 1.0 cup, brack 2.02 1503 Sankes, potato chips, butecue-flow	18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.29
1754 Cabage, chianes (pale-chio), cooked, boiled, drained, with sait 1700 1.0 cm 0.0 cm 11531 Tonatiess, edi, pie, camed, packad, bried, without piles 2400 0.0 cm 0.0 cm 1858 Sagask, winert, kutternic, flooren, croked, briled, without sail 2600 0.10 cm 0.0 cm 1007 Miki, canned, cayporated, northr, with added vitamin A and vitamin D 310 0.10 cm 1.0 ft or 1607 Miki, Canned, cayporated, hordry, with added vitamin A and vitamin D 381 0.0 cm 1.0 ft or 1607 MORNINGSTAR FARMS Buffall Chik Paties, frozen, unprepared 710 1.0 cm 1.0 cm 2.0 cm 1902 Apricoss, canned, heavy syrup pack, with skin, solids and liquids 2381 1.0 cut, pub tow 2.0 cm 1904 Facks, poato strikes 2335 1.0 cut, pub tow 2.0 cm 1905 Facks, poato strikes 235 1.0 cut, pub tow 2.0 cm 1904 Facks, poato chips, burbecu-dlavor 285 1.0 cut, pub tow 2.0 cm 1815 Caken, braines, poato, bried, and only, sair 2.0 cm 2.0 cm 2.0 cm </td <td>15048</td> <td>Fish, mackerel, jack, canned, drained solids</td> <td>28.35</td> <td>1.0 oz, boneless</td> <td>0.29</td>	15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.29
11511 Tomatoes, red, ripe, canned, packed in tomato juice 240 1.0 cm 1.0 cm 2.0 cm 11488 Squard, winter, butternut, frozer, cocked, briled, without sail 200 1.0 cm, stud, heavy whipping 200 1.0 cm, stud, heavy whipping 200 1.0 cm, whipped 202 1067 Milk, canned, evaporated, norfial, with added vitamin A and vitamin D 319 1.0 cm, 1.0 cm, 2.0 cm 202 1156 Petrotes, backed, skin, without sail 620 1.0 cm, 2.0 cm 202 1079 A pricots, canned, keavy syrup pack, with skin, solids and liquids 281 1.0 cm, 2.0 cm, 2.0 cm 202 1079 Pist, herring, Atlantic, raw 283 1.0 cm, 2.0 cm, 2.0 cm 2.0 cm 1070 Stable, broate office, Stable 283 1.0 to, 2.0 cm, 2.0 cm 2.0 cm 1081 Stack, potato office, burdene-flower 283 1.0 to, 2.0 cm 2.0 cm 1081 Chicken, burdles or frysen, wing, meat only, mark 283 1.0 to, 2.0 cm 2.0 cm 1184 Chicken, burdles or fryens, wing, meat only, mark 283 1.0 to, 2.0 cm 2.0 cm 1185	11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.29
Id88 Squash, winter, butemut, frozen, cooked, boiled, without salt 2400 1.0 cman, fluid, havey whipping 0.20 01057 Cream, fluid, havey whipping 0.20 1.0 cman, fluid, havey whipping 0.20 11060 Cream, fluid, havey whipping 0.20 0.00 1164 Potraces, baked, sin, without salt 0.01 0.00 1167 MORNINGSTAR FARMS Buffills Chik Pattes, frozen, unperpared 71.0 0.00 1.0 cup, halve 1097 Apricots, canned, beny symp pack, with skin, solids and liquids 28.0 1.0 cup, halve 0.28 1098 Fish, herring, Altanic, raw 28.1 0.0 co. 0.28 1941 Suncks, potato clicks 1.0 co. 0.28 1942 Suncks, potato click, bender-flavor 28.3 1.0 co. 0.28 1943 Chicken, brotlers or fiyers, wing, meat only, raw 1.0 0.2 0.2 1850 Osokies, brownies, prepared from recipe 28.3 1.0 cong, bene and skin removed fyeld from 1.0 0.2 1814 Osokies, brownies, prepared from recipe 28.3 1.0 cong, bene and skin removed fyeld from 1.0<	11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.29
01053 Cream, fluid, bavy whipping 120 Closure, whipping 0.02 01097 Milk, canned, evaporated, norfat, with added vitamin A and vitamin D 31.9 Closure, control, collect, with without sail 0.02 11364 Potoces, baked, skin, without sail 58.0 1.0 of hosting 0.28 16077 MORNINGSTAR FARNIS Buffalo Chik Patties, frozen, unprepared 71.0 1.0 of hosting 0.02 15039 Fish, berring, Atlantic, raw 28.3 1.0 or, honders 0.28 15039 Fish, berring, Atlantic, raw 28.3 1.0 or, honders 0.28 15041 Snacks, potion chips, Stathecu-Havor 28.3 1.0 or, honders 0.28 15042 Chicken, brotiles or firyes, wing, meat only, raw 28.3 1.0 or, to to thin, brotiles or firyes, wing, meat only, raw 28.3 1.0 or, to to thin, brotiles or firyes, wing, meat only, raw 28.3 1.0 or, to	11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.29
01097 Milk, cannet, evaporated, nonfar, with added vitamin A and vitamin D 310 1.0 ft no. 0.29 11364 Potatoes, bladed, skin, wilbout salt 58.0 1.0 skin 0.28 16677 MORNINGSTAR FARMS Batfalo Chik Patties, frozen, unprepared 71.0 1.0 cup, halves 0.28 90927 Apricots, canned, heavy syrup pack, with skin, solids and liquids 28.35 1.0 cup, halves 0.28 15039 Fish, herring, Atlantic, raw 28.35 1.0 oz, honeless 0.28 19415 Sancks, potato sticks 49.0 1.0 crownless 0.28 19415 Sancks, potato chips, burbecue-flavor 28.35 1.0 oz 0.28 19416 Chicken, broilers or fryers, wing, meat only, raw 28.35 1.0 oz 0.28 81190 Chicken, broilers or fryers, wing, meat only, raw 160 1.0 cup, chopped 0.27 11828 Onions, raw 80 3.0 0.27 11849 Squash, winter, acorn, cooked, boiled, mashed, with salt 245.0 1.0 cup, chopped 0.27 11846 Squash, winter, acorn, cooked, boiled, mashed, with sal	11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.29
11364 Potatoes, baked, skin, without salt 58.0 1.0 skin 0.28 16607 MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared 71.0 1.0 pathy 0.28 08027 Apricus, canned, heavy syrup pack, with skin, solids and liquids 25.8 1.0 cup, habres 0.28 19415 Snacks, potato sticks 28.35 1.0 oc boneless 0.28 18970 Tortillas, ready-to-bake or -fry, flour, shelf stable 49.0 1.0 tortilla 0.28 18970 Tortillas, ready-to-bake or -fry, flour, shelf stable 49.0 1.0 tortilla 0.28 18970 Tortillas, ready-to-bake or -fry, flour, shelf stable 49.0 1.0 tortilla 0.28 18970 Tortillas, ready-to-bake or -fry, flour, shelf stable 49.0 1.0 tortilla 0.28 18970 Tortillas, ready-to-bake or -fry, flour, shelf stable 49.0 1.0 tortilla 0.28 1814 Cookies, brownies, prepared from recip 28.3 1.0 tortilla 0.22 1824 Cookies, brownies, prepared from recip 28.5 1.0 cup, tortilla 0.22 1835 Sh, b	01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.29
1667 MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared 710 1.0 path 0.028 69027 Apricots, canned, heavy syrup pack, with skin, solids and liquids 288.0 1.0 cup, halves 0.28 15039 Fish, herring, Atlantic, raw 28.35 1.0 oz, bondess 0.28 1870 Tortillas, ready-to-bake or-fry, flour, shelf stable 49.0 1.0 tortilla 0.28 1870 Tortillas, ready-to-bake or-fry, flour, shelf stable 49.0 1.0 wing, bone and skin removed (yield from 1) 0.28 1815 Chicken, broilers or fryers, wing, meat only, raw 28.5 1.0 wing, bone and skin removed (yield from 1) 0.28 1815 Cookies, brownies, prepared from recipe 28.5 1.0 wing, bone and skin removed (yield from 1) 0.28 1815 Cookies, brownies, prepared from recipe 28.5 1.0 wing, bone and skin removed (yield from 1) 0.28 1816 Cookies, brownies, prepared from recipe 28.3 1.0 wing, bone and skin removed (yield from 1) 0.27 1828 Quisos, raw 1.0 cookies, bone and skin removed (yield from 1) 2.0 1.0 1828 Quisos, swinter, accorn, coo	01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.29
9927 Apricots, camed, heavy symp pack, with skin solids and liquids 258.0 Chacken plantic, raw 28.35 1.00 cp. boneless 2.028 19415 Stacks, potato sticks 28.35 1.00 cp. boneless 2.028 19415 Torillias, ready-to-bake or -fry, flour, shelf stable 49.0 1.00 cp. dp. 2.028 1972 Stacks, potato chips, barbecue-flavor 28.3 1.00 cp. dp. 2.028 18154 Chicken, broilers or fryers, wing, meat only, raw 28.35 1.00 cp. dp. 2.02 1822 Onions, raw 1.00 1.00 cp. dp. 2.02 1.00 cp. 1.00 cp. dp. 2.02 1.00 cp. 1.00 cp. 2.02 1.00 cp. </td <td>11364</td> <td>Potatoes, baked, skin, without salt</td> <td>58.0</td> <td>1.0 skin</td> <td>0.28</td>	11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	0.28
1509 Fish, herring, Atlantic, raw 28.35 1.0 α, boneless 0.28 19415 Snacks, potato sticks 28.35 1.0 α 0.28 18970 Tortillas, ready-to-bake or-fry, flour, shelf stable 49.0 1.0 tortillas 0.28 19042 Snacks, potato chips, barbecue-flavor 28.35 1.0 α 0.28 6105 Chicken, broilers or fryers, wing, meat only, raw 17.0 1.0 wing, bone and skin removed (yield from 1b ready-to-cook chicken) 0.28 18154 Cokies, brownies, prepared from recipe 28.35 1.0 α 0.27 18052 Onions, raw 160.0 0.10 cup, chopped 0.27 18053 Fish, haddock, raw 85.0 3.0 α 0.27 18054 Squash, winter, acorn, cooked, boiled, mashed, with salt 245.0 1.0 cup, mashed 0.27 11846 Squash, winter, acorn, cooked, boiled, mashed, without salt 245.0 1.0 cup, mashed 0.27 11846 Tomato juice, camed, with salt added 243.0 1.0 cup, mashed 0.27 1844 Croissants, cheese 28.3 1.0 cup, ma	16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	0.28
19415 Snacks, potato sticks 28.35 1.0 oz 0.28 18970 Tortillas, ready-to-bake or -fry, flour, shelf stable 49.0 1.0 tortilla 0.28 19042 Snacks, potato chips, barbecue-flavor 28.35 1.0 oz 0.28 05105 Chicken, broilers or fryers, wing, meat only, raw 28.35 1.0 oz 0.27 18154 Cookies, brownies, prepared from recipe 28.35 1.0 oz 0.27 11282 Onions, raw 1600 1.0 cup, chopped 0.27 15033 Fish, haddock, raw 85.0 3.0 oz 0.27 11865 Squash, winter, acorn, cooked, boiled, mashed, with salt 245.0 1.0 cup, mashed 0.27 11864 Squash, winter, acorn, cooked, boiled, mashed, with salt 245.0 1.0 cup, mashed 0.27 11865 Tomato juice, canned, with out salt added 243.0 1.0 cup, mashed 0.27 11866 Squash, winter, butternt, cooked, baked, without salt 28.0 1.0 cup, mashed 0.27 11861 Coxisants, cheese 1.0 cup 2.0 1.0 cup	09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.28
18970 Tortillas, ready-to-bake or -fry, flour, shelf stable 49.0 1.0 tortilla 0.2 stacks, potato chips, barbecue-flavor 28.35 1.0 oz.0 0.28 05105 Chicken, broilers or fryers, wing, meat only, raw 10 1.0 wing, bone and skin termoved (yield from 1 lb ready-to-coach chicken) 0.28 18134 Cookies, brownies, prepared from recipe 28.35 1.0 tort, or early-to-coach chicken, or early to the chicken, or ea	15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.28
19042 Snacks, potato chips, barbecue-flavor 28.35 1.0 oz 0.28 05105 Chicken, broilers or fryers, wing, meat only, raw 17.0 Lowing, bone and skin removed (yield from 11b ready-to-cook chicken) 2.83 18154 Cookies, brownies, prepared from recipe 28.35 1.0 cup, chopped 0.27 18282 Onions, raw 1600 1.0 cup, chopped 0.27 1856 Squash, winter, acom, cooked, boiled, mashed, with salt 2450 1.0 cup, mashed 0.27 11844 Squash, winter, acom, cooked, boiled, mashed, without salt 2450 1.0 cup, mashed 0.27 11856 Tomato juice, canned, without salt added 2430 1.0 cup, mashed 0.27 11846 Tomato juice, canned, with salt added 2430 1.0 cup, mashed 0.27 11849 Tomato juice, canned, with salt added 2430 1.0 cup, cubs 0.27 11840 Tomato juice, canned, with salt added 253 1.0 cup, cubs 0.27 18241 Croissants, chees 28.35 1.0 cup, cubs 0.27 18242 Croissants, chees	19415	Snacks, potato sticks	28.35	1.0 oz	0.28
05105 Chicken, broilers or fryers, wing, meat only, raw 17.0 1.0 wing, bone and skin removed (yield from 11b ready-to-cook chicken) 0.28 18154 Cookies, brownies, prepared from recipe 28.35 1.0 oz 0.27 11282 Onions, raw 85.0 1.0 cup, chopped 0.27 11865 Squash, winter, acorn, cooked, boiled, mashed, with salt 245.0 1.0 cup, mashed 0.27 11886 Tomato juice, canned, with out salt added 245.0 1.0 cup, mashed 0.27 11886 Tomato juice, canned, with salt added 243.0 1.0 cup, mashed 0.27 11886 Tomato juice, canned, with salt added 243.0 1.0 cup, mashed 0.27 11886 Tomato juice, canned, with salt added 243.0 1.0 cup, mashed 0.27 11886 Tomato juice, canned, with salt added 243.0 1.0 cup, cubes 0.27 11886 Tomato juice, canned, with salt added 28.3 1.0 cup, cubes 0.27 1886 Tomato juice, canned, with salt added 28.3 1.0 cup, cubes 0.27 1897 Bread, white wheat	18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.28
65 105 Chicken, brotlers of tryers, wing, meat only, raw 17.0 ready-to-cook chicken) 0.28 18154 Cookies, brownies, prepared from recipe 28.35 1.0 oz 0.27 11282 Onions, raw 160.0 1.0 cup, chopped 0.27 15033 Fish, haddock, raw 85.0 3.0 oz 0.27 11865 Squash, winter, acom, cooked, boiled, mashed, with salt 245.0 1.0 cup, mashed 0.27 11886 Tomato juice, canned, without salt added 243.0 1.0 cup, mashed 0.27 11840 Tomato juice, canned, with salt added 243.0 1.0 cup, mashed 0.27 11846 Squash, winter, butternut, cooked, baked, without salt 205.0 1.0 cup, cubes 0.27 18241 Croissants, cheese 28.35 1.0 cup, cubes 0.27 1886 Sequash, winter, butternut, cooked, baked, without salt 28.0 1.0 cup, cubes 0.27 18241 Croissants, cheese 28.35 1.0 oz 0.27 1896 Bread, white wheat 28.0 1.0 cup, chopped 0.26	19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	0.28
11282 Onions, raw 160.0 1.0 cup, chopped 0.27 15033 Fish, haddock, raw 85.0 3.0 oz 0.27 11865 Squash, winter, acom, cooked, boiled, mashed, with salt 245.0 1.0 cup, mashed 0.27 11886 Tomato juice, canned, without salt added 243.0 1.0 cup, mashed 0.27 11886 Tomato juice, canned, with salt added 243.0 1.0 cup 0.27 11886 Squash, winter, butternut, cooked, baked, without salt 263.0 1.0 cup 0.27 11840 Squash, winter, butternut, cooked, baked, without salt 205.0 1.0 cup, cubes 0.27 11840 Squash, winter, butternut, cooked, baked, without salt 205.0 1.0 cup, cubes 0.27 18241 Croissants, cheese 28.35 1.0 oz 0.27 18166 Cookies, chocolate sandwich, with creme filling, regular 36.0 3.0 cookie 0.27 18967 Bread, with weat 98.0 1.0 cup, chopped 0.26 09059 Breadfruit, raw 220.0 1.0 cup, chopped 0.26	05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	-	0.28
15033 Fish, haddock, raw 85.0 3.0 oz 0.27 11865 Squash, winter, acorn, cooked, boiled, mashed, with salt 245.0 1.0 cup, mashed 0.27 11886 Tomato juice, canned, without salt added 243.0 1.0 cup, mashed 0.27 11896 Tomato juice, canned, with salt added 243.0 1.0 cup 0.27 11840 Tomato juice, canned, with salt added 243.0 1.0 cup, cubes 0.27 11840 Squash, winter, butternut, cooked, baked, without salt 205.0 1.0 cup, cubes 0.27 18241 Croissants, cheese 28.35 1.0 cup, cubes 0.27 1866 Cookies, chocolate sandwich, with creme filling, regular 36.0 3.0 cookie 0.27 18967 Bread, white wheat 28.0 1.0 slice 0.27 1806 Peas, edible-podded, raw 98.0 1.0 cup, chopped 0.26 09059 Breadfruit, raw 220.0 1.0 cup 0.26 18081 Bread stuffing, bread, dry mix 28.3 1.0 cup 0.26 09278	18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.27
11865 Squash, winter, acorn, cooked, boiled, mashed, with salt 245.0 1.0 cup, mashed 0.27 11844 Squash, winter, acorn, cooked, boiled, mashed, without salt 245.0 1.0 cup, mashed 0.27 11886 Tomato juice, canned, without salt added 243.0 1.0 cup 0.27 11540 Tomato juice, canned, with salt added 243.0 1.0 cup, cubes 0.27 11846 Squash, winter, butternut, cooked, baked, without salt 205.0 1.0 cup, cubes 0.27 18241 Croissants, cheese 28.35 1.0 cup, cubes 0.27 18166 Cookies, chocolate sandwich, with creme filling, regular 36.0 3.0 cookie 0.27 18967 Bread, white wheat 28.0 1.0 slice 0.27 11300 Peas, edible-podded, raw 98.0 1.0 cup, chopped 0.26 09059 Breadfruit, raw 220.0 1.0 cup, chopped 0.26 1881 Bread stuffing, bread, dry mix 28.35 1.0 cup, chopped 0.26 09278 Plantains, cooked 20.0 1.0 cup, mashed 0.26 <td>11282</td> <td>Onions, raw</td> <td>160.0</td> <td>1.0 cup, chopped</td> <td>0.27</td>	11282	Onions, raw	160.0	1.0 cup, chopped	0.27
11484 Squash, winter, acorn, cooked, boiled, mashed, without salt 245.0 1.0 cup, mashed 0.27 11886 Tomato juice, canned, without salt added 243.0 1.0 cup 0.27 11540 Tomato juice, canned, with salt added 243.0 1.0 cup, cubes 0.27 11486 Squash, winter, butternut, cooked, baked, without salt 205.0 1.0 cup, cubes 0.27 18241 Croissants, cheese 28.35 1.0 oz 0.27 18166 Cookies, chocolate sandwich, with creme filling, regular 36.0 3.0 cookie 0.27 18967 Bread, white wheat 28.0 1.0 slice 0.27 11300 Peas, edible-podded, raw 98.0 1.0 cup, chopped 0.26 09059 Breadfruit, raw 220.0 1.0 cup 0.26 18081 Bread stuffing, bread, dry mix 28.35 1.0 cup 0.26 09278 Plantains, cooked 20.0 1.0 cup, mashed 0.26 19873 Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops 55.0 1.0 serving 1.75 fl oz pop	15033	Fish, haddock, raw	85.0	3.0 oz	0.27
11886 Tomato juice, canned, without salt added 243.0 1.0 cup 0.27 11540 Tomato juice, canned, with salt added 243.0 1.0 cup 0.27 11486 Squash, winter, butternut, cooked, baked, without salt 205.0 1.0 cup, cubes 0.27 18241 Croissants, cheese 28.35 1.0 oz 0.27 18166 Cookies, chocolate sandwich, with creme filling, regular 36.0 3.0 cookie 0.27 18967 Bread, white wheat 28.0 1.0 slice 0.27 11300 Peas, edible-podded, raw 98.0 1.0 cup, chopped 0.26 09059 Breadfruit, raw 220.0 1.0 cup, chopped 0.26 18081 Bread stuffing, bread, dry mix 28.35 1.0 cup 0.26 09278 Plantains, cooked 200.0 1.0 cup, mashed 0.26 19873 Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops 55.0 1.0 serving 1.75 fl oz pop 0.26 09084 Currants, red and white, raw 112.0 1.0 cup 0.26	11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.27
11540 Tomato juice, canned, with salt added 243.0 1.0 cup 0.27 11486 Squash, winter, butternut, cooked, baked, without salt 205.0 1.0 cup, cubes 0.27 18241 Croissants, cheese 28.35 1.0 oz 0.27 18166 Cookies, chocolate sandwich, with creme filling, regular 36.0 3.0 cookie 0.27 18967 Bread, white wheat 28.0 1.0 slice 0.27 11300 Peas, edible-podded, raw 98.0 1.0 cup, chopped 0.26 09059 Breadfruit, raw 220.0 1.0 cup, chopped 0.26 18081 Bread stuffing, bread, dry mix 28.35 1.0 cup 0.26 09278 Plantains, cooked 200.0 1.0 cup, mashed 0.26 19873 Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops 55.0 1.0 serving 1.75 fl oz pop 0.26 09084 Currants, red and white, raw 112.0 1.0 cup 0.26	11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.27
11486 Squash, winter, butternut, cooked, baked, without salt 205.0 1.0 cup, cubes 0.27 18241 Croissants, cheese 28.35 1.0 oz 0.27 18166 Cookies, chocolate sandwich, with creme filling, regular 36.0 3.0 cookie 0.27 18967 Bread, white wheat 28.0 1.0 slice 0.27 11300 Peas, edible-podded, raw 98.0 1.0 cup, chopped 0.26 09059 Breadfruit, raw 220.0 1.0 cup 0.26 18081 Bread stuffing, bread, dry mix 28.35 1.0 cup 0.26 09278 Plantains, cooked 200.0 1.0 cup, mashed 0.26 19873 Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops 55.0 1.0 serving 1.75 fl oz pop 0.26 09084 Currants, red and white, raw 112.0 1.0 cup 0.26	11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.27
18241 Croissants, cheese 28.35 1.0 oz 0.27 18166 Cookies, chocolate sandwich, with creme filling, regular 36.0 3.0 cookie 0.27 18967 Bread, white wheat 28.0 1.0 slice 0.27 11300 Peas, edible-podded, raw 98.0 1.0 cup, chopped 0.26 09059 Breadfruit, raw 220.0 1.0 cup 0.26 18081 Bread stuffing, bread, dry mix 28.35 1.0 oz 0.26 09278 Plantains, cooked 200.0 1.0 cup, mashed 0.26 19873 Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops 55.0 1.0 serving 1.75 fl oz pop 0.26 09084 Currants, red and white, raw 112.0 1.0 cup 0.26	11540	Tomato juice, canned, with salt added	243.0	1.0 cup	0.27
18166 Cookies, chocolate sandwich, with creme filling, regular 36.0 3.0 cookie 0.27 18967 Bread, white wheat 28.0 1.0 slice 0.27 11300 Peas, edible-podded, raw 98.0 1.0 cup, chopped 0.26 09059 Breadfruit, raw 220.0 1.0 cup 0.26 18081 Bread stuffing, bread, dry mix 28.35 1.0 cup 0.26 09278 Plantains, cooked 200.0 1.0 cup, mashed 0.26 19873 Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops 55.0 1.0 serving 1.75 fl oz pop 0.26 09084 Currants, red and white, raw 112.0 1.0 cup 0.26	11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.27
18967 Bread, white wheat 28.0 1.0 slice 0.27 11300 Peas, edible-podded, raw 98.0 1.0 cup, chopped 0.26 09059 Breadfruit, raw 220.0 1.0 cup 0.26 18081 Bread stuffing, bread, dry mix 28.35 1.0 oz 0.26 09278 Plantains, cooked 200.0 1.0 cup, mashed 0.26 19873 Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops 55.0 1.0 serving 1.75 fl oz pop 0.26 09084 Currants, red and white, raw 112.0 1.0 cup 0.26	18241	Croissants, cheese	28.35	1.0 oz	0.27
11300 Peas, edible-podded, raw 98.0 1.0 cup, chopped 0.26 09059 Breadfruit, raw 220.0 1.0 cup 0.26 18081 Bread stuffing, bread, dry mix 28.35 1.0 oz 0.26 09278 Plantains, cooked 200.0 1.0 cup, mashed 0.26 19873 Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops 55.0 1.0 serving 1.75 fl oz pop 0.26 09084 Currants, red and white, raw 112.0 1.0 cup 0.26	18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.27
09059 Breadfruit, raw 220.0 1.0 cup 0.26 18081 Bread stuffing, bread, dry mix 28.35 1.0 oz 0.26 09278 Plantains, cooked 200.0 1.0 cup, mashed 0.26 19873 Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops 55.0 1.0 serving 1.75 fl oz pop 0.26 09084 Currants, red and white, raw 112.0 1.0 cup 0.26	18967	Bread, white wheat	28.0	1.0 slice	0.27
Bread stuffing, bread, dry mix 28.35 1.0 oz 09278 Plantains, cooked 200.0 1.0 cup, mashed 0.26 19873 Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops 55.0 1.0 serving 1.75 fl oz pop 0.26 09084 Currants, red and white, raw 112.0 1.0 cup	11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.26
09278Plantains, cooked200.01.0 cup, mashed0.2619873Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops55.01.0 serving 1.75 fl oz pop0.2609084Currants, red and white, raw112.01.0 cup0.26	09059	Breadfruit, raw	220.0	1.0 cup	0.26
Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops 55.0 1.0 serving 1.75 fl oz pop 0.26 Currants, red and white, raw 112.0 1.0 cup 0.26	18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.26
09084 Currants, red and white, raw 112.0 1.0 cup 0.26	09278	Plantains, cooked	200.0	1.0 cup, mashed	0.26
	19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	0.26
20116 Noodles, japanese, somen, dry 57.0 2.0 oz	09084	Currants, red and white, raw	112.0	1.0 cup	0.26
	20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.26

NDB_No	Description	Weight(g)	Measure	Zinc, Zn(mg) Per Measure
18037	Bread, oat bran	28.35	1.0 oz	0.25
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.25
19129	Syrups, table blends, pancake	314.0	1.0 cup	0.25
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0.25
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.25
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.24
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.24
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.24
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	0.24
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.24
18993	BEAR NAKED, Double Chocolate Cookies	30.0	1.0 cookie	0.24
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	0.24
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.24
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.24
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	0.24
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.24
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.24
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.23
01031	Cheese, neufchatel	28.35	1.0 oz	0.23
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.23
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	0.23
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.23
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.22
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.22
09442	Pomegranate juice, bottled	249.0	1.0 cup	0.22
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.22
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5 g	0.22
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.22
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	0.22
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0.22
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	0.22
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.22
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.22
18956	Keikitos (muffins), Latino bakery item	42.0	1.0 piece	0.22
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.22
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.22

NDB_No	Description	Weight(g)	Measure	Zinc, Zn(mg) Per Measure
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0.22
18239	Croissants, butter	28.35	1.0 oz	0.21
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.21
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.21
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	0.21
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.21
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.21
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.21
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	0.21
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	0.21
09277	Plantains, raw	148.0	1.0 cup, sliced	0.21
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	0.20
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0.20
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.20
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.20
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.20
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.20
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.20
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.20
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.20
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.20
18245	Danish pastry, cheese	28.35	1.0 oz	0.20
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	0.20
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	0.20
11154	Chicory roots, raw	60.0	1.0 root	0.20
11213	Endive, raw	25.0	0.5 cup, chopped	0.20
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	0.20
18236	Cracker meal	28.35	1.0 oz	0.20
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.20
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	0.19
09160	Lime juice, raw	242.0	1.0 cup	0.19
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.19
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.19
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.19
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0.19
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.19

NDB_No	Description	Weight(g)	Measure	Zinc, Zn(mg) Per Measure
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.19
09205	Oranges, raw, with peel	170.0	1.0 cup	0.19
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	0.19
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0.19
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.18
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.18
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	0.18
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.18
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.18
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.18
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.18
01144	Egg substitute, powder	9.9	0.35 oz	0.18
09107	Gooseberries, raw	150.0	1.0 cup	0.18
18994	BEAR NAKED, Fruit & Druit & Samp; Nut Cookies	30.0	1.0 cookie	0.18
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	0.18
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	0.18
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.18
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.18
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	0.18
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.18
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.17
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.17
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.17
18024	Bread, combread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.17
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.17
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.17
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.17
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.17
18214	Crackers, cheese, regular	14.2	0.5 oz	0.17
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.16
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.16
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.16
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.16
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.16
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	0.16
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.16

NDB_No	Description	Weight(g)	Measure	Zinc, Zn(mg) Per Measure
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.16
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.16
11457	Spinach, raw	30.0	1.0 cup	0.16
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.16
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.16
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0.16
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0.16
18224	Crackers, rusk toast	14.2	0.5 oz	0.16
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.16
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0.16
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	0.16
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.15
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	0.15
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	0.15
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	0.15
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	0.15
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.15
09176	Mangos, raw	165.0	1.0 cup pieces	0.15
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.14
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.14
11086	Beet greens, raw	38.0	1.0 cup	0.14
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.14
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.14
21416	POPEYES, Coleslaw	120.0	1.0 package	0.14
09252	Pears, raw	140.0	1.0 cup, slices	0.14
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.14
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	0.14
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.14
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.14
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.14
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	0.14
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.14
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.14
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.14
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.14

1839	NDB_No	Description	Weight(g)	Measure	Zinc, Zn(mg) Per Measure
10.143 Spiese, Immeric, ground 3.0 1.0 top 0.13 18.214 Crostous, searond 4.12 0.5 cz 0.13 18.126 Crostous, searond 1.02 0.0 co. 0.03 18.108 Coffeesle, cimenton with crumb topping, dry mis, prepared 28.35 1.0 co. 0.13 18.107 Cookies, plain 1.42 0.0 co. 0.03 18.224 Crostous, plain 1.42 0.0 co. 0.01 18.235 Chicken breast, wene-trouble, fai-free, silced 4.20 1.0 serving 2-likes 0.01 18.237 Crostous, plain, frozen, ready-to-fact, microwave (includes butternilik) 28.35 1.0 co. 0.02 18.233 Crosten, wheat, sandwish, with checolate frosting 28.35 1.0 co. 0.02 18.233 Crosten, sunderly flowing scalles, developing many scalles, water pack, with butter, NFSMI Recipe No. C-32 33.0 2.0 tables you 0.02 19.040 Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32 33.0 2.0 tables you 0.12 19.152 Lemon juic, ma 2.2	18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.14
18243 Crutoms, seasonal 14.2 0.5 or 0.13 10164 Lichins, row 1900 1.00 cm 0.13 18176 Cofecacke, circumon with crumb topping, dry mis, prepared 28.3 1.0 or 0.13 18177 Cockies, molasses 28.3 1.0 or 0.13 18222 Crotons, plain 14.2 0.5 or 0.01 18105 Crecense, creme-filled with chocolar frorting 28.35 1.0 or 0.01 18106 Percekes, plain, frozer, ready-to-bear, microwave (includes butterillk) 28.35 1.0 or 0.01 18956 Parcekes, plain, frozer, ready-to-bear, microwave (includes butterillk) 28.35 1.0 or 0.01 18956 Parcekes, plain, frozer, ready-to-bear, microwave (includes butterillk) 28.35 1.0 or 0.02 18933 Greeces, cannot, discoult with chocolar frorting 3.0 2.0 0.0 19933 Gricese, cannot, discount	18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	0.14
69164 Litchis, raw 1900 .0.0 cm .0.0 cm 18 108 Coffeceake, cimamon with crumb topping, dry mix, prepared 28.35 .1.0 cm .0.13 1877 Cockins, modanses 28.35 .1.0 cm .0.13 18242 Croutons, plain .142 .0.5 cm .0.13 09933 Chicken breast oven-roasted, factree, sliced .242 .10 serving 2 slace .0.13 18956 Pancakes, plain, frozen, matly to-best, microwave (irchales butternilk) .28.35 .0.10 cm .0.12 18933 Crockers, wheat, sandwich, with cheese filling .142 .0.5 cm .0.12 19033 Grackers, wheat, sandwich, with cheese filling .142 .0.5 cm .0.12 19040 Frostings, glaze, checolute, prepared-from-recipe, with butter, NFSMI Recipe No. C32 .33 .0.10 to-0.5 cm .0.12 19040 Frostings, glaze, checolute, prepared-from-recipe, with butter, NFSMI Recipe No. C32 .33 .0.10 to-0.5 cm .0.12 19040 Prostings, glaze, checolute, prepared-from-recipe, with butter, NFSMI Recipe No. C32 .33 .0.10 to-0.0 .0.12	02043	Spices, turmeric, ground	3.0	1.0 tsp	0.14
18108 Coffecake, cinnamon with crumb topping, dry mix, prepared 28.35 1.0 co 0.13 18177 Cockies, molasses 28.25 1.0 co 0.13 18242 Counts, plain 42.0 6.5 co 0.013 07933 Chicken breast, oven-roasted, fin-free, sliced 42.0 1.0 serving 2 slices 0.13 18105 Coffecache, ceme-filled with chocolate forsing 28.15 1.0 co 0.12 18205 Crackers, wheat, sandwich, with cheese filling 14.2 0.5 co 0.012 18233 Crackers, wheat, sandwich, with cheese filling 14.2 0.5 co 0.12 9133 Gripes, canned, thompson seedless, water pack, solids and liquids 23.5 1.0 cou 0.12 91494 Frosting, glaze, choated, prepared, repack, vibralle, mix butter, FISMI Recipe No. C-32 33.0 2.0 to 1.0 cou 0.12 18204 Cookies, sugar, commercially prepared, regular (includes vanilla) 28.15 1.0 cou 0.12 18204 Crossing, glaze, choated, granted 28.15 1.0 cou 0.12 18204 Crossen, sugar, commercially prepared,	18243	Croutons, seasoned	14.2	0.5 oz	0.13
1817 Cookies, molasses 28.38 1.0 og 0.13 18242 Crutors, plain 41.2 0.50 or 0.13 07933 Chicken brast, over-oasted, fai-free, sliced 41.0 1.0 serving 2 slices 0.18 18936 Pancakes, plain, frozen, ready-to-beat, microwave (includeds buttermilk) 28.35 1.0 oz 0.12 18936 Pancakes, plain, frozen, ready-to-beat, microwave (includeds buttermilk) 28.35 1.0 oz 0.012 18938 Crackers, wheat, sandwick, with cheese filling 142 0.05 oz 0.012 19439 Frostings, place, chocolate, prepared-from recipe, with butter, NFSMI Recipe No. C32 33.0 2.0 ublespon 0.12 19490 Frostings, place, chocolate, prepared, regular (fielades vanilla) 28.3 0.10 cut 0.02 19400 Frostings, place, chocolate, prepared, regular (fielades vanilla) 28.0 0.01 0.02 19401 Frostings, place, chocolate, prepared, regular (fielades vanilla) 28.0 0.0 0.0 0.0 19402 Frostings, place, chocolate, prepared, regular (fielades vanilla) 29.0 1.0 0.0	09164	Litchis, raw	190.0	1.0 cup	0.13
18212 Croutnes, plain 41.2 Co. 50.0 0.13 07933 Chicken breast, overnoesd, far-free sliced 42.0 1.0 serving 2 slices 0.13 18936 Coffecack, crome-filled with chocolate frosting 28.3 1.0 co. 0.012 18936 Pancakes, plain, frozen, ready-to-beat, microwave (includes butternilk) 28.35 1.0 co. 0.012 18233 Crackers, whear, sandwich, with cheese filling 14.2 0.05.5 co. 0.012 19133 Gripes, canned, thompons seedless, water pack, solids and liquids 245.0 1.0 co. 0.012 19149 Piostings, glazer, chocolate, prepared, regular (includes vanilla) 28.91 1.0 co. 0.012 18204 Cokies, sugar, commercially prepared, regular (includes vanilla) 28.35 1.0 co. 0.012 18204 Spices, marand seed ground 28.35 1.0 co. 0.02 18204 Cokies, sugar, commercially prepared, regular (includes vanilla) 28.35 1.0 co. 0.02 18204 Cockers, wheat, sandwich, with peanut butter filling 30.0 1.0 co. 0.02 18204	18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.13
67933 Chicken broast, oven-roasted, far-free, sticed 420 1.0 serving 2 stices 0.13 18105 Coffeecake, creme-filled with chocolate frosting 28.35 1.0 oz 0.12 18936 Pancakes, plain, froran, ready-to-beat, microwave (includes butternilk) 28.35 1.0 oz 0.12 18233 Crackers, wheat, sandwich, with cheese filling 142 0.5 oz 0.12 1933 Grapes, camond, thompson seedless, water pack, solids and liquids 2450 1.0 cup 0.12 19409 Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32 330 20 tablespoon 0.12 19409 Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32 330 20 tablespoon 0.12 19409 Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32 330 20 tablespoon 0.12 19400 Consics, sugar, commercially prepared, regular (includes vanilla) 28.35 1.0 oz 0.12 1824 Condices, sugardan and half 30 1.0 table probability 0.12 1824 Crackers, wheat, sandwick with gream to butter fillin	18177	Cookies, molasses	28.35	1.0 oz	0.13
1810s Coffeecake, creme-filled with chocolate froating 28.35 1.0 oz 0.12 18936 Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk) 28.35 1.0 oz 0.12 18233 Crackers, wheat, sandwich, with cheese filling 14.2 0.5 oz 0.12 19433 Grapes, canned, thompson seedless, witer pack, solids and liquids 245.0 1.0 cup 0.12 19409 Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32 33.0 2.0 tablespoon 0.12 19409 Emon juice, raw 244.0 1.0 cup 0.12 18204 Cookies, sugar, commercially prepared, regular (includes vanilla) 28.35 1.0 cup 0.12 18204 Spices, mustard seed, ground 2.0 1.0 tablespoon 0.12 18204 Crockeis, what, sandwich, with peanut butter filling 30.2 1.0 tablespoon 0.12 18234 Crocker, wheat, sandwich, with peanut butter filling 30.2 1.0 tablespoon 0.12 18234 Crocker, wheat, sandwich, with peanut butter filling 30. 1.0 cup 1.0 tablespoon 0.12	18242	Croutons, plain	14.2	0.5 oz	0.13
18936 Pancakes, plain, frozen, ready-to-heat, microwave (includes butternilk) 28.35 1.0 oz 0.12 18233 Crackers, wheat, sandwich, with cheese filling 14.2 0.5 oz 0.12 19133 Grack, cannod, thompson seedless, water pack, solids and liquids 24.0 1.0 cu 0.12 19499 Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32 33.0 2.0 tubbespoon 0.12 18204 Cookies, sugar, commercially prepared, regular (includes vanilla) 28.35 1.0 oz 0.12 18204 Cookies, sugar, commercially prepared, regular (includes vanilla) 28.35 1.0 oz 0.12 18204 Spices, mustard seed, ground 20.0 2.0 1.0 to 0.12 18234 Crackers, wheat, sandwich, with peanut butter filling 40.2 1.0 to 0.12 18234 Crackers, wheat, sandwich, with peanut butter filling 41.2 0.10 cup 1.0 to 0.2 18234 Crackers, wheat, sandwick with remer filling 41.0 0.0 cup 1.0	07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.13
18233 Crackers, wheat, sandwich, with cheese filling 14.2 0.50 cm 0.12 69133 Grages, canned, thompson seedless, water pack, solids and liquids 24.50 1.0 cm 0.12 19409 Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32 33.0 2.0 tablespoon 0.12 18204 Cookies, sugar, commercially prepared, regular (includes vanilla) 28.35 1.0 cm 0.12 18204 Spices, mustard seed, ground 2.0 1.0 table 0.12 02024 Spices, mustard seed, ground 2.0 1.0 table 0.12 01049 Creackers, wheat, sandwich, with peanut butter filling 14.2 0.0 table 0.12 09226 Papuyas, raw 145.0 1.0 cup 1" pieces 0.12 02005 Spices, caraway seed 2.1 1.0 cup 1" pieces 0.12 11203 Creas, garden, raw 1.0 table 1.0 table 0.11 11280 Onions, frozen, whole, unprepared 9.0 0.33 package(10 oz) 0.11 18210 Cookies, vanilla sandwich with creme filling 28.35	18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.12
09133 Grapes, canned, thompson seedless, water pack, solids and liquids 245.0 1.0 cup 0.12 19449 Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32 33.0 2.0 tablespoon 0.12 99152 Lemon juice, raw 2.44 0.10 cup 0.12 8204 Cookies, sugar, commercially prepared, regular (includes vanilla) 28.35 1.0 cup 1.0 cup 02024 Spices, mustar seed, ground 20 1.0 light 0.12 18234 Creackers, sheat, sandwich, with peanut butter filling 142 0.5 co 0.12 18234 Crackers, wheat, sandwich, with peanut butter filling 145.0 1.0 cup l' rieces 0.12 19226 Papayas, raw 1.5 1.0 cup l' rieces 0.12 1123 Cress, garden, raw 50 0.10 cup l' rieces 0.12 1124 Nits, coronut cream, canned, sweetened 1.9 0.0 33 package (10 cu 0.11 1128 Oicos, svailla sandwich with cree filling 28.3 1.0 cu 0.11 1200 Snacks, coronut-cream, canned, sweetened 2.	18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	0.12
1940 Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32 33.0 2.0 tablespoon 0.12 09152 Lemon juice, raw 244.0 1.0 cup 0.12 18204 Cookies, sugar, commercially prepared, regular (includes vanilla) 28.35 1.0 cup 0.12 02024 Spices, mustard seed, ground 30.2 1.0 lto sp 0.12 18234 Crackers, wheat, sandwich, with peanut butter filling 14.2 0.5 cup 0.12 18234 Crackers, wheat, sandwich, with peanut butter filling 14.5 1.0 cup l" prices 0.12 02026 Papuyas, raw 145.0 1.0 cup l" prices 0.12 11203 Cress, garden, raw 50.0 1.0 cup l" prices 0.12 1216 Nits, coconut creum, canned, sweetened 19.0 0.10 cup l" prices 0.11 18210 Cookies, vanilla sandwich with creme filling 28.35 1.0 cup 0.11 18210 Cookies, vanilla sandwich with creme filling 28.35 1.0 cup 0.11 18210 Cookies, reces, ceread, certurded, puffs or twists, cheese-flavor	18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.12
09152 Lemon jutice, raw 2440 0.0 cm 0.0 cm 18204 Cookies, sugar, commercially prepared, regular (includes vanilla) 28.35 1.0 cz 0.12 02024 Spices, mustard seed, ground 2.0 2.0 1.0 tbg 0.12 01049 Cream, fluid, half and half 30.2 1.0 rbg 0.12 08226 Papuyas, raw 145.0 1.0 cup1" pieces 0.12 02025 Papuyas, raw 50.0 1.0 cup1" pieces 0.12 11203 Cress, garden, raw 50.0 1.0 cup1" pieces 0.12 1216 Nuts, coconut cream, canned, sweetened 99.0 0.33 paksage (10 oz) 0.11 1282 Cookies, vanilla sandwich with creme filling 28.35 0.33 paksage (10 oz) 0.11 1820 Cookies, vanilla sandwich with creme filling 28.35 0.33 paksage (10 oz) 0.11 1908 Snacks, corn-based, extruded, puffs or twists, cheese-flavor 28.35 1.0 tbg 0.11 1909 Cereals, CREAM OF WHEAT, instant, dry 21.5 1.0 tbg 0.11	09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.12
18204 Cookies, sugar, commercially prepared, regular (includes vanilla) 28.35 1.0 oz 0.12 02024 Spices, mustard seed, ground 2.0 1.0 tsp 0.12 1049 Cream, fluid, half and half 30.2 1.0 fl oz 0.12 18234 Crackers, wheat, sandwich, with peanut butter filling 14.2 0.0 cs 0.12 09226 Papayas, raw 145.0 1.0 cup 1" pieces 0.12 02005 Spices, caraway seed 2.1 1.0 cup 0.12 11203 Cress, garden, raw 50.0 1.0 cup 0.12 12116 Nuts, coconut cream, canned, sweetened 19.0 0.33 package (10 oz) 0.11 11289 Onions, frozen, whole, unprepared 95.0 0.33 package (10 oz) 0.11 18210 Cookies, vanilla sandwich with reme filling 28.35 1.0 oz 0.11 1800 Snacks, corn-based, extruded, puffs or twists, cheese-flavor 28.35 1.0 oz 0.11 1810 Cookies, fig bars 1.1 1.0 tsp 0.11 1817 Cookies	19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0.12
02024 Spices, mustard seed, ground 2.0 1.0 tsp 0.12 01049 Cream, fluid, half and half 30.2 1.0 fl oz 0.12 18234 Crackers, wheat, sandwich, with peanut butter filling 14.2 0.5 oz 0.12 09226 Papayas, raw 145.0 1.0 cup 1° pieces 0.12 02005 Spices, carawy seed 2.1 1.0 tsp 0.12 11203 Cress, garden, raw 50.0 1.0 cup 0.12 1216 Nus, coconut cream, canned, sweetened 19.0 0.33 package (10 oz) 0.11 18210 Cookies, vanilla sandwich with creme filling 28.35 1.0 oz 0.11 19008 Snacks, corn-based, extruded, puffs or twists, cheese-flavor 28.35 1.0 oz 0.11 19008 Snacks, CREAM OF WHEAT, instant, dry 11.5 1.0 tsp, whole 0.11 18170 Cookies, fig bars 2.1 1.0 tsp, whole 0.11 19438 Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares 22.0 1.0 cup sections, without membranes 0.11 10901<	09152	Lemon juice, raw	244.0	1.0 cup	0.12
01049 Cream, fluid, half and half 30.2 1.0 fl oz 0.12 18234 Crackers, wheat, sandwich, with peanut butter filling 14.2 0.5 oz 0.12 09226 Papayas, raw 145.0 1.0 cup 1" pieces 0.12 02005 Spices, caraway seed 2.1 1.0 tup 1 " pieces 0.12 11203 Cress, garden, raw 50.0 1.0 cup 0.12 12116 Nuts, coconut cream, canned, sweetened 19.0 0.33 package (10 oz) 0.11 12189 Onions, frozen, whole, unprepared 95.0 0.33 package (10 oz) 0.11 12810 Cookies, vanilla sandwich with creme filling 28.35 1.0 oz 0.11 18210 Cookies, vanilla sandwich with creme filling 28.35 1.0 oz 0.11 1908 Snacks, corn-based, extruded, puffs or twists, cheese-flavor 28.35 1.0 oz 0.11 8106 Cereals, CREAM OF WHEAT, instant, dry 11.5 1.0 tsp 0.11 1817 Cookies, fig bars 2.1 1.0 tsp, whole 0.11 19438 <t< td=""><td>18204</td><td>Cookies, sugar, commercially prepared, regular (includes vanilla)</td><td>28.35</td><td>1.0 oz</td><td>0.12</td></t<>	18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.12
18234 Crackers, wheat, sandwich, with peanut butter filling 14.2 0.5 oz 0.12 09226 Papayas, raw 145.0 1.0 cup 1" pieces 0.12 02005 Spices, caraway seed 2.1 1.0 tsp 0.12 11203 Cress, garden, raw 50.0 1.0 cup 0.12 12116 Nuts, coconut cream, canned, sweetened 19.0 0.33 package (10 oz) 0.11 11289 Onions, frozen, whole, unprepared 95.0 0.33 package (10 oz) 0.11 18210 Cookies, vanilla sandwich with creme filling 28.35 1.0 oz 0.11 19008 Snacks, corn-based, extruded, puffs or twists, cheese-flavor 28.35 1.0 oz 0.11 8110 Cereals, CREAM OF WHEAT, instant, dry 11.5 1.0 tsp, whole 0.11 1817 Cookies, fig bars 2.1 1.0 tsp, whole 0.11 1817 Cookies, fig bars 2.2 1.0 serving 0.11 19438 Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares 2.2 1.0 serving 0.11 19920 <	02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.12
0926 Papayas, raw 145.0 1.0 cup 1" pieces 0.12 02005 Spices, caraway seed 2.1 1.0 tsp 0.12 11203 Cress, garden, raw 50.0 1.0 cup 0.12 12116 Nuts, coconut cream, canned, sweetened 19.0 0.33 package (10 oz) 0.11 11289 Onions, frozen, whole, unprepared 95.0 0.33 package (10 oz) 0.11 18210 Cookies, vanilla sandwich with creme filling 28.35 1.0 oz 0.11 1908 Snacks, corn-based, extruded, puffs or twists, cheese-flavor 28.35 1.0 oz 0.11 8106 Cereals, CREAM OF WHEAT, instant, dry 11.5 1.0 tsp, whole 0.11 9202 Spices, anise seed 2.1 1.0 tsp, whole 0.11 18170 Cookies, fig bars 22.0 1.0 tsp, whole 0.11 18170 Cookies, fig bars 22.0 1.0 serving 0.11 19438 Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares 22.0 1.0 serving 0.11 09201 Oranges, raw, Californi	01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.12
02005 Spices, caraway seed 2.1 1.0 tsp 0.12 11203 Cress, garden, raw 50.0 1.0 cup 0.12 12116 Nuts, coconut cream, canned, sweetened 19.0 0.10 tbsp 0.11 11289 Onions, frozen, whole, unprepared 95.0 0.33 package (10 oz) 0.11 18210 Cookies, vanilla sandwich with creme filling 28.35 1.0 oz 0.11 19008 Snacks, corn-based, extruded, puffs or twists, cheese-flavor 28.35 1.0 oz 0.11 08106 Cereals, CREAM OF WHEAT, instant, dry 11.5 1.0 tbsp 0.11 02002 Spices, anise seed 2.1 1.0 tsp, whole 0.11 18170 Cookies, fig bars 28.35 1.0 oz 0.11 19438 Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares 22.0 1.0 serving 0.11 09201 Oranges, raw, California, valencias 180.0 1.0 cup sections, without membranes 0.11 11201 Cowpeas, leafy tips, raw 36.0 1.0 cup, chopped 0.10 09098	18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.12
11203 Cress, garden, raw 50.0 1.0 cup 0.12 12116 Nuts, coconut cream, canned, sweetened 19.0 1.0 tbsp 0.11 11289 Onions, frozen, whole, unprepared 95.0 0.33 package (10 oz) 0.11 18210 Cookies, vanilla sandwich with creme filling 28.35 1.0 oz 0.11 19008 Snacks, corn-based, extruded, puffs or twists, cheese-flavor 28.35 1.0 oz 0.11 08106 Cereals, CREAM OF WHEAT, instant, dry 11.5 1.0 tbsp 0.11 02002 Spices, anise seed 2.1 1.0 tsp, whole 0.11 18170 Cookies, fig bars 28.35 1.0 oz 0.11 19438 Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares 28.35 1.0 serving 0.11 09201 Oranges, raw, California, valencias 22.0 1.0 serving 0.11 11201 Cowpeas, leafy tips, raw 36.0 1.0 cup, chopped 0.10 09098 Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids 123.0 0.5 cup<	09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.12
12116 Nuts, coconut cream, canned, sweetened 19.0 1.0 tbsp 0.11 11289 Onions, frozen, whole, unprepared 95.0 0.33 package (10 oz) 0.11 18210 Cookies, vanilla sandwich with creme filling 28.35 1.0 oz 0.11 19008 Snacks, corn-based, extruded, puffs or twists, cheese-flavor 28.35 1.0 oz 0.11 08106 Cereals, CREAM OF WHEAT, instant, dry 11.5 1.0 tbsp 0.11 02002 Spices, anise seed 2.1 1.0 tsp, whole 0.11 18170 Cookies, fig bars 28.35 1.0 oz 0.11 19438 Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares 22.0 1.0 serving 0.11 09201 Oranges, raw, California, valencias 180.0 1.0 cup sections, without membranes 0.11 11201 Cowpeas, leafy tips, raw 36.0 1.0 cup, chopped 0.10 09098 Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids 123.0 0.5 cup 0.10 11982 Peppers, pasilla, dried 7	02005	Spices, caraway seed	2.1	1.0 tsp	0.12
11289 Onions, frozen, whole, unprepared 95.0 0.33 package (10 oz) 0.11 18210 Cookies, vanilla sandwich with creme filling 28.35 1.0 oz 0.11 19008 Snacks, corn-based, extruded, puffs or twists, cheese-flavor 28.35 1.0 oz 0.11 08106 Cereals, CREAM OF WHEAT, instant, dry 11.5 1.0 tbsp 0.11 02002 Spices, anise seed 2.1 1.0 tsp, whole 0.11 18170 Cookies, fig bars 28.35 1.0 oz 0.11 19438 Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares 22.0 1.0 serving 0.11 09201 Oranges, raw, California, valencias 180.0 1.0 cup sections, without membranes 0.11 11201 Cowpeas, leafy tips, raw 36.0 1.0 cup, chopped 0.10 09098 Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids 123.0 0.5 cup 0.5 cup 0.10 11982 Peppers, pasilla, dried 7.0 1.0 pepper 0.10	11203	Cress, garden, raw	50.0	1.0 cup	0.12
18210 Cookies, vanilla sandwich with creme filling 28.35 1.0 oz 0.11 19008 Snacks, corn-based, extruded, puffs or twists, cheese-flavor 28.35 1.0 oz 0.11 19008 Cereals, CREAM OF WHEAT, instant, dry 11.5 1.0 tbsp 0.11 19009 Spices, anise seed 2.1 1.0 tsp, whole 0.11 18170 Cookies, fig bars 28.35 1.0 oz 0.11 19438 Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares 22.0 1.0 serving 0.11 19438 Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares 22.0 1.0 cup sections, without membranes 0.11 1920 Cowpeas, leafy tips, raw 36.0 1.0 cup sections, without membranes 0.11 19909 Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids 123.0 0.5 cup 0.10 1982 Peppers, pasilla, dried 7.0 1.0 pepper 0.10 1983 Peppers, pasilla, dried 7.0 1.0 pepper 0.10 1984 Peppers, pasilla, dried 7.0 1.0 pepper 0.10 1985 Peppers, pasilla, dried 7.0 1.0 pepper 0.10 1985 Peppers, pasilla, dried 7.0 1.0 pepper 0.10 1986 Peppers, pasilla, dried 7.0 1.0 pepper 0.10 1986 Peppers, pasilla, dried 7.0 1.0 pepper 0.10 1987 Peppers, pasilla, dried 7.0 1.0 pepper 0.10 1988 Peppers, pasilla, dried 7.0 pepper 0.10 1988	12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.11
19008 Snacks, corn-based, extruded, puffs or twists, cheese-flavor 28.35 1.0 oz 0.11 08106 Cereals, CREAM OF WHEAT, instant, dry 11.5 1.0 tbsp 0.11 02002 Spices, anise seed 2.1 1.0 tsp, whole 0.11 18170 Cookies, fig bars 28.35 1.0 oz 0.11 19438 Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares 22.0 1.0 serving 0.11 09201 Oranges, raw, California, valencias 180.0 1.0 cup sections, without membranes 0.11 11201 Cowpeas, leafy tips, raw 36.0 1.0 cup, chopped 0.10 09098 Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids 123.0 0.5 cup 0.10 11982 Peppers, pasilla, dried 7.0 1.0 pepper 0.10	11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.11
08106 Cereals, CREAM OF WHEAT, instant, dry 11.5 1.0 tbsp 0.11 02002 Spices, anise seed 2.1 1.0 tsp, whole 0.11 18170 Cookies, fig bars 28.35 1.0 oz 0.11 19438 Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares 22.0 1.0 serving 0.11 09201 Oranges, raw, California, valencias 180.0 1.0 cup sections, without membranes 0.11 11201 Cowpeas, leafy tips, raw 36.0 1.0 cup, chopped 0.10 09098 Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids 123.0 0.5 cup 0.10 11982 Peppers, pasilla, dried 7.0 1.0 pepper 0.10	18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.11
02002Spices, anise seed2.11.0 tsp, whole0.1118170Cookies, fig bars28.351.0 oz0.1119438Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares22.01.0 serving0.1109201Oranges, raw, California, valencias180.01.0 cup sections, without membranes0.1111201Cowpeas, leafy tips, raw36.01.0 cup, chopped0.1009098Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids123.00.5 cup0.1011982Peppers, pasilla, dried7.01.0 pepper0.10	19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	0.11
18170 Cookies, fig bars 1.0 oz 19438 Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares 22.0 1.0 serving 0.11 09201 Oranges, raw, California, valencias 180.0 1.0 cup sections, without membranes 0.11 11201 Cowpeas, leafy tips, raw 36.0 1.0 cup, chopped 0.10 109098 Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids 123.0 1982 Peppers, pasilla, dried 7.0 1.0 pepper 0.11	08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.11
Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares Oranges, raw, California, valencias 180.0 1.0 cup sections, without membranes 0.11 Cowpeas, leafy tips, raw 36.0 Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids 123.0 Peppers, pasilla, dried 7.0 1.0 pepper 0.10	02002	Spices, anise seed	2.1	1.0 tsp, whole	0.11
09201Oranges, raw, California, valencias180.01.0 cup sections, without membranes0.1111201Cowpeas, leafy tips, raw36.01.0 cup, chopped0.1009098Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids123.00.5 cup0.1011982Peppers, pasilla, dried7.01.0 pepper0.10	18170	Cookies, fig bars	28.35	1.0 oz	0.11
Cowpeas, leafy tips, raw 36.0 1.0 cup, chopped 0.10 Pruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids 123.0 Peppers, pasilla, dried 7.0 1.0 cup, chopped 0.10 1.1982	19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0.11
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids 123.0 Peppers, pasilla, dried 7.0 1.0 pepper 0.10	09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.11
09098 liquids 123.0 0.5 cup 0.10 11982 Peppers, pasilla, dried 7.0 1.0 pepper 0.10	11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	0.10
	09098		123.0	0.5 cup	0.10
09070 Cherries, sweet, raw 138.0 1.0 cup, with pits, yields 0.10	11982	Peppers, pasilla, dried	7.0	1.0 pepper	0.10
	09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.10

NDB_No	Description	Weight(g)	Measure	Zinc, Zn(mg) Per Measure
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.10
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.10
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.10
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.10
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.09
02015	Spices, curry powder	2.0	1.0 tsp	0.09
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.09
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	0.09
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.09
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.09
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0.09
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.09
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.09
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.09
15014	Fish, cisco, smoked	28.35	1.0 oz	0.09
11151	Chicory, witloof, raw	53.0	1.0 head	0.08
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	0.08
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.08
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.08
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.08
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.08
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.08
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.08
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.07
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.07
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.07
11427	Purslane, raw	43.0	1.0 cup	0.07
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	28.0	1.0 serving	0.07
01017	Cheese, cream	14.5	1.0 tbsp	0.07
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.07
02021	Spices, ginger, ground	1.8	1.0 tsp	0.07
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.07
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.07
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	0.07
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.06
06957	Gravy, brown instant, dry	6.7	1.0 serving	0.06

NDB_No	Description	Weight(g)	Measure	Zinc, Zn(mg) Per Measure
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.06
02039	Spices, savory, ground	1.4	1.0 tsp	0.06
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.06
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.06
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.06
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.05
09437	Tamarind nectar, canned	251.0	1.0 cup	0.05
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.05
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0.05
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.05
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.04
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.04
19014	Snacks, fruit leather, rolls	21.0	1.0 large	0.04
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.04
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.04
02022	Spices, mace, ground	1.7	1.0 tsp	0.04
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	0.04
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.04
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.04
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.04
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	0.04
01070	Dessert topping, powdered	43.0	1.5 oz	0.03
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	0.03
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.03
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.03
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	0.03
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0.03
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	0.02
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0.02
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	0.02
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	0.02
02023	Spices, marjoram, dried	0.6	1.0 tsp	0.02
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.02
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.02
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.02
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	0.02

NDB_No	Description	Weight(g)	Measure	Zinc, Zn(mg) Per Measure
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.02
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	0.02
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.02
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.02
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.02
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.02
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.02
09216	Orange peel, raw	6.0	1.0 tbsp	0.02
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	0.01
14240	Beverages, cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	0.01
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.01
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	0.01
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.01
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	0.01
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	0.01
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.01
01124	Egg, white, raw, fresh	33.0	1.0 large	0.01
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.01
11959	Arugula, raw	2.0	1.0 leaf	0.01
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	0.01
02045	Dill weed, fresh	1.0	5.0 sprigs	0.01
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0.01
01072	Dessert topping, pressurized	70.0	1.0 cup	0.01
11216	Ginger root, raw	2.0	1.0 tsp	0.01
09129	Grapes, muscadine, raw	6.0	1.0 grape	0.01
02050	Vanilla extract	4.2	1.0 tsp	0.00
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.00
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.00
19181	Candies, YORK BITES	39.0	15.0 pieces	0.00
09173	Longans, dried	1.7	1.0 fruit	0.00
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.00
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.00
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.00
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0.00
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.00
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.00

NDB_No	Description	Weight(g)	Measure	Zinc, Zn(mg) Per Measure
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0.00
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.00
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0.00
04583	Oil, mustard	14.0	1.0 tbsp	0.00
14007	Alcoholic beverage, beer, light, BUD LIGHT	29.5	1.0 fl oz	0.00
14559	Beverages, water, bottled, non-carbonated, EVIAN	29.6	1.0 fl oz	0.00
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.00
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0.00
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.00
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0.00
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0.00
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0.00
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.00
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0.00
04001	Fat, beef tallow	12.8	1.0 tbsp	0.00
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	0.00
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.00
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.00
04582	Oil, canola	14.0	1.0 tbsp	0.00
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	0.00
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0.00
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.00